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Knowing you deserve the very best is at the heart of what we do, and it's why we are America's largest exterior remodeler with over **one million satisfied customers**. Come join our Window World family.





GOOD SEPTEMBER 2015 HOUSFKFEPING



63 **Ease Anxiety** Without Drugs Sidelining stress

is child's play with this trick

16 **Live Large** in a Small Space to maximize

Clever design hacks every square inch of your home

49 Slim Down Fast

Lose weight effortlessly with Dr. Oz's no-diet plan

Tried + Tested

Smartphones 77 Slow Cookers 101 Lunch Boxes 114

GOOD HOUSEKEEPING







YOUR HOME

11 Decor + More Make a grand entrance with a truly fresh coat of paint, plus expert advice from TV's Sarah Richardson

14,64 Ask Peggy GH's manners expert helps you sail through life with kindness, style and grace

61 Ask Heloise How to clean your makeup brushes, and who-knew uses for coffee filters

109 Family Room The new "book club," and the surprising way to win over any pet

113 Back-to-**School Special**

Lunchtime fun, parenting tips for cafeteria drama and cool-forschool supplies

REAL LIFE

64 Self-Help Tips

A New Orleans "saint" gives kids the (gardening) tools to grow, plus advice from Mindy Kaling

66 Making Your Mark Career-spiration courtesy of the founder of Black Girls Code

68 Heart-to-Heart

Eat, Pray, Love author Elizabeth Gilbert shares an exclusive essay

71 Go West, Young Man A touching story by

a GH essay contest finalist about coming out as transgender

75 Your Bookshelf A tearierker, a thriller and new must-read nonfiction

GH REPORT

77 From the Institute Find out what our Lab experts uncovered this month

YOUR KITCHEN

44 Mmm...Morning Put the "fast" in breakfast with these triple-tested make-ahead recipes

89 Fun Recipes + Tools Tasty ideas from our food team

92 Dessert Hack Our friends at delish.com created these yummy donut 'wiches

IN EVERY ISSUE

8 Editor's Letter

122 At My House... Tyra Banks





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#LIFEMOTTO

DID YOU ALWAYS KNOW what you wanted to be when you grew up? I didn't. When I was little, I assumed I'd go into education like all of the grown-ups in my family. As a teen, I found that any new career idea seemed impossible. I loved to read magazines and briefly entertained the idea of working at one. In fact, my mom asked a friend who was a newspaper editor to give me advice. Her response: "She shouldn't bother. It's a man's world, and unless she's ready to make coffee for years or sleep her way up the ladder, it's a frustrating dead end." Once my mom shared this with me, I immediately gave up that thought. I didn't know how to make coffee—never mind the other thing!

Thankfully, much has changed since that conversation. Obviously the world has evolved, but the thing that's changed most is me.

After trying my hand at a number of small ventures, I finally learned that if I just started moving forward, putting one foot in front of the other, the hurdles would begin to look smaller and smaller. And then one day I met a woman who had just completed a degree in editorial design. I thought, You know how to make a magazine. I know how to edit. Maybe we can make one together. We rolled up our sleeves, did the work...and made our own coffee.

Perhaps my slow beginning is one of the reasons I enjoyed Elizabeth Gilbert's story from her childhood (page 68) so much. Her boundless optimism and inexhaustible dedication to her goal (at the age of 10!) completely contrasted with my readiness to give up. But the lesson is that we all have to find our own way and develop our own mantra. If Liz's is #refusetobeunseen, mine is #justgetstarted. What's yours? Share it with me using #lifemotto.





FLIPPING OUT?

WE ARE!

Quick: Turn this issue over.
There's an exciting bonus
section packed with amazing
beauty and fashion.
Of course, you still get
everything you love from
GH, including genius diet
advice from our special
guest guru, Dr. Oz.





GOOD HOUSEKEEPING*TV TAKE A FREE COOKING CLASS!

You're one online video away from making the Best. Burger. Ever. Go to goodhousekeeping.tv, join now and claim your class using promo code FREEBURGERS. Time to get schooled by the GH Test Kitchen.





Sign up, and goodhousekeeping.tv will also teach you to knit, quilt, decorate a cake—pick a new skill—with our simple step-by-step tutorials.







Only this can.™



Paint like no other."



Paint an interior door (and its edge) in a bright color combo using water-based gloss or semigloss paint. You don't even have to remove it from its hinges - just tape hardware with painter's tape. Use a drop cloth to save your floor, and let it dry for at least 48 hours. And that's your knockout weekend project, open and shut.



Sarah Richardson
Home Design Director

@SarahRichardsonDesign

HOW DO I DEAL WITH A ROUNDED CEILING?

console and desk chairs

It's tricky when there are no sharp corners to tell you where the walls end and the ceiling begins. If you want to use a single color for a whole room, it's best to go for a light tone (like a pale cream or gray). Some of my tricks:

ADD A CHAIR RAIL. Install a simple strip of molding below the line of any rounded edges to create a clear divider between the upper and lower sections.

PICK TWO COMPLEMENTARY FINISHES.

The chair rail allows you to treat the ceiling and the walls as distinct areas. In the room shown, I chose a pale wallpaper for the walls and a flat, washable paint that's scrubbable and family-friendly for above.



SHIBORI

It's the ancient art of binding cloth and then dyeing it with indigo basically blue Japanese tie-dye. **Here's how:** Use a kit to dye tea towels, throws, a T-shirt, you name it! Just be warned: It's a little messy, so you may want to take the fun outdoors. Or, shop for pro-dyed finds.







Spend a Saturday scouring your local sale for new-to-you treasures or pieces begging for a makeover. Not sure where to start? The Country Living Fair is making stops in **Columbus, OH** (September 18 to 20), and **Atlanta** (October 23 to 25) this fall.

HE FIGHTS DIRTY no matter how dirty DIRTY

NO MATTER WHERE THEY ARE, TOUGH MESSES DON'T STAND A CHANCE WHEN MR. CLEAN'S MAGIC ERASER IS PART OF YOUR CLEAN ROUTINE.







WHEN IT COMES TO CLEAN THERE'S ONLY ONE



Wet before use. A rinse is required for surfaces that come in direct contact with food. Use as directed.







I don't have a spare room. When guests stay over, am I required to give up my bed, or can they sleep on the couch?

-CAIT S.

REQUIRED? NO. But always consider the guest. While your high school BFF might be fine sleeping on the couch, insist that your parents or elderly aunt spend the night in your bedroom. If you have two guests or a couple visiting but no pullout couch, you could get an inflatable mattress. Or, graciously tell them your place is too small and suggest nearby hotels.

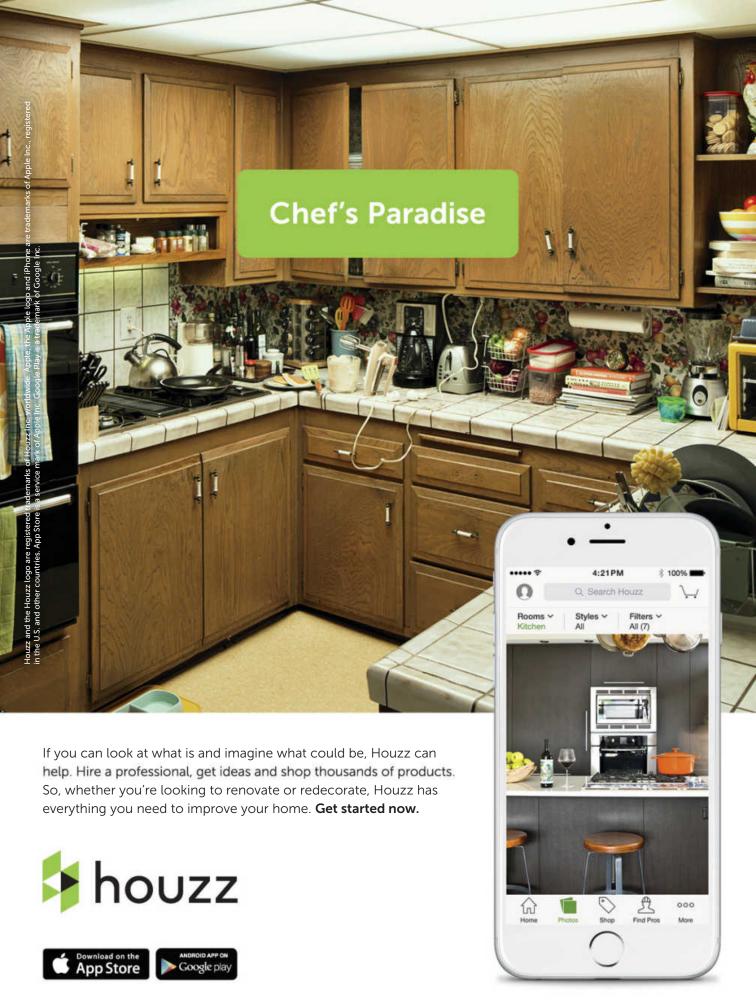
MORE WAYS TO BE WELCOMING

STOCK UP on guests' faves—sparkling water, wine, coffee, snacks—so they'll feel at home. Ask about and honor food allergies, and try to accommodate diets.

ADD EXTRAS to the room like a hairdryer, a luggage rack and a water carafe. Fine soaps and fresh flowers are easy offerings that will make your guests feel pampered.

CHOOSE local hot spots, parks, beaches, hikes and restaurants to enjoy, together or separately. But don't forget to plan some downtime, tool

HAVE A QUESTION? E-MAIL PEGGY@ GOODHOUSEKEEPING.COM.



Live Large

A Brooklyn couple squeeze serious style from their cozy home (it's under 800 square feet!) with their clever design hacks and space-saving tricks

PHOTOGRAPHS BY MIKE GARTEN











meet the

After falling in love with a traditional Cobble Hill brownstone in 2012, college sweethearts Brenna, director of visual merchandising at Fresh, and Andrew, VP of development at Shake Shack, knew they wanted to bring back the original character of this 800-square-foot flat. "The very first thing we did was add crown molding to every room," says Brenna. "It was a labor of love—old buildings come with crooked walls-but so worth it."

the makeover

Brenna and Andrew tackled the renovation together, hitting the flea market for one-of-a-kind finds and even visiting barns upstate to hunt down reclaimed boards for their bedroom wall.

the style

"We love pieces that have a history," says Brenna. "I'm always curating and collecting items that mean something and have lived a life. Our place is small, though, so I never get too attached. I'm good at letting go of things that have served their purpose for us."

home sweet home

"We've lived in bigger and even smaller spaces, and I love how close we feel here. We're on top of each other in the best way, surrounded by the things we love most," says Brenna.









GO GREEN WITH "ANYTIME" PLANTS

Ferns or succulents in a chic terrarium thrive through winter and brighten your space without requiring much care. Calling all brown thumbs! Marble-and-wood box, \$49, and wood ombré vase,

CREATE A SHOE CLOSET

Attach a vintage door to an open shelving unit and neatly display favorite shoes, purses and accessories.

MODERNIZE THE MEDICINE CABINET

A floating glass shelf below the mirror adds storage seamlessly. Next to the sink, a rustic wood unit houses skincare and towels.

Turkish towels, \$10 each, westelm.com. Assorted bath products, fresh.com.





BUILD IN A BUFFET

Create a storage-and-serving hybrid area by installing slim 12-inch-deep upper cabinets as a console.

FAKE A WINDOW...

Visually expand your room with an oversize mirror. It acts like another window and creates a bright focal point.



...AND A FOYER

Coat hooks and a short bookshelf on opposite sides of the door deliver all the storage of a traditional entry.



HIDE AWAY TECH

Camouflage your big black box by making it blend in with the decor. Brenna stacked two old paint shelves to turn them into an entertainment unit that houses books, treasures and, yes, a TV.

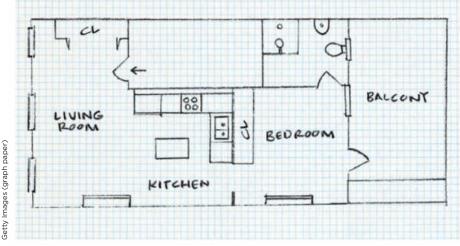
Magnifying glass (left), zarahome.com. Round vase (above), \$30, crateandbarrel.com. Blanket, \$84, pineconehill.annieselke.com.





The Floor Plan

An open layout and smart design choices help you make the most of your square footage





USE A LADDER AS A FOOD STATION

Keep the patio open for mixing and mingling with friends.

⇒ GOT A GREAT HOME? <

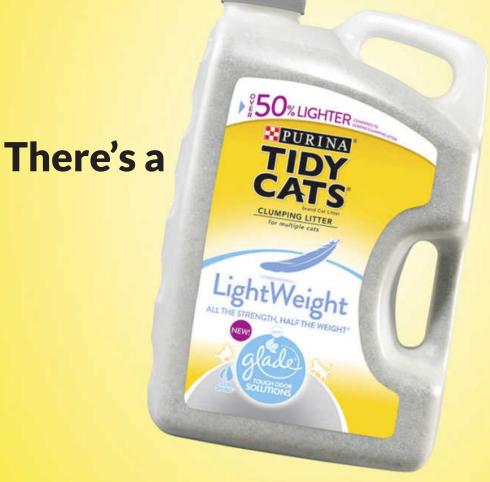
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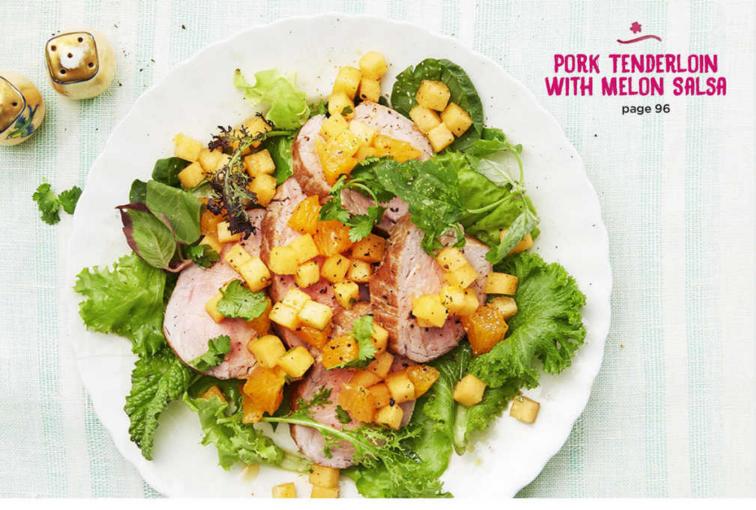






HOW TO MAKE DINNER IN 20 MINUTES OR LESSI MAKE SOUASH RISOTTO page 95 The GH Test Kitchen pulled out 6 of our top-tested tools and cooked up 21 deliciously easy recipes. Enjoy one tonight! PHOTOGRAPHS BY MIKE GARTEN FOOD STYLING BY CHRISTINE ALBANO PROP STYLING BY CATE GEIGER



















It may surprise you that if you're experiencing any of these symptoms, you may have **Chronic Dry Eye disease**:

- Dryness/itching
- **▶** Burning/stinging
- ► Feeling like something is in your eye
- Sensitivity to light
- **▶** Blurry vision
- Problems wearing contact lenses

ALLERGAN

▶ Watering eyes

Chronic Dry Eye can limit your ability to perform daily activities that involve your eyes. Over time it can have potential consequences for your eyes—damage to the front surface of the eye, increased risk of infection, and effects on your vision. The good news is that treatment options are available.

TAKE ACTION NOW

- SCHEDULE a medical exam with your optometrist or ophthalmologist to see if you have Chronic Dry Eye. Don't wait.
- TAKE a brief questionnaire eye doctors use to assess Chronic Dry Eye, and SHOW the results to your eye doctor.









Matcha is next-level green tea. Sip the super bevvy on the go, and blaze through your to-do list. Midori Matcha, \$6; midorimatchatea.com

1. TEA TIME

2. PERFECTLY **POLISHED**

Pink is always appropriate. This pretty petal is part of a foursome of universally flattering shades. Nails Inc. Perfect Pink Collection, \$14; us.nailsinc.com

3. ON WITH **THE GROW**

Black thumb? Pop the sensor into the soil to track the water and light your greenery gets. Parrot Flower Power, \$59; parrot.com

4. DINNER ON THE DOUBLE

Fresh ingredients and simple recipes are dropped on your doorstep by this meal-prep service. CHEF'D, starting at 2 dinners for \$23; chefd.com



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BREAKFAST SPECIAL

MMM...MORNING

Put the "fast" in breakfast with these triple-tested make-ahead recipes



GH September 2015



Stick it to temptation.

Special K Protein. Crunchy and hearty to help satisfy your hunger.

LEMON-GLAZED EARL GREY TEA BREAD

Grease and flour 9" by 5" loaf pan. In processor, finely grind 1½ Tbsp. Earl Grey tea leaves and 1 c. **sugar.** Whisk in $1\frac{1}{2}$ c. all-purpose flour and 1/4 tsp. each baking soda and salt. With mixer on med.-high, beat ½ c. softened **butter** and tea sugar in Ig. bowl until fluffy. Gradually beat in 3 lg. eggs, then 1 tsp. vanilla. On low speed, gradually add flour mixture, alternating with ½ c. sour cream until just mixed. Spread in pan. Bake at 325°F 1 hr. 20 min. or until tester comes out clean. Cool in pan on wire rack 10 min. Remove from pan; cool completely. Stir 1 tsp. lemon peel, ²/₃ c. confectioners' sugar and 1 Tbsp. water until smooth. Drizzle over bread; let set. Store, well wrapped, at room temperature up to 4 days.

SERVES 12 ABOUT 250 CALS, 4 G PROTEIN, 36 G CARBS, 11 G FAT (6 G SAT), 1 G FIBER, 160 MG SODIUM.





STRAWBERRY GRANOLA YOGURT PARFAIT

In 8-oz. jar, distribute ½ c. granola, ½ c. nonfat plain yogurt and ¼ c. coulis (below) in layers. Can be refrigerated, sealed, overnight, Garnish with strawberry.

COULIS

In 3-qt. saucepan, cook 1 lb. strawberries, hulled; 3/4 c. sugar; ½ tsp. cinnamon; and ½ tsp. lemon peel on med. until strawberries are soft but still red, stirring, 8 to 10 min. Transfer to blender; puree until smooth. Stir in ½ tsp. vanilla and 1 Tbsp. lemon juice. Makes 2 c. coulis. Refrigerate up to 2 weeks.

SERVES 1 ABOUT 295 CALS, 11 G PROTEIN, 53 G CARBS, 5 G FAT, 3 G FIBER. 120 MG SODIUM.





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|-----------|---------------|--|
| 100% | Turkey Breast | |



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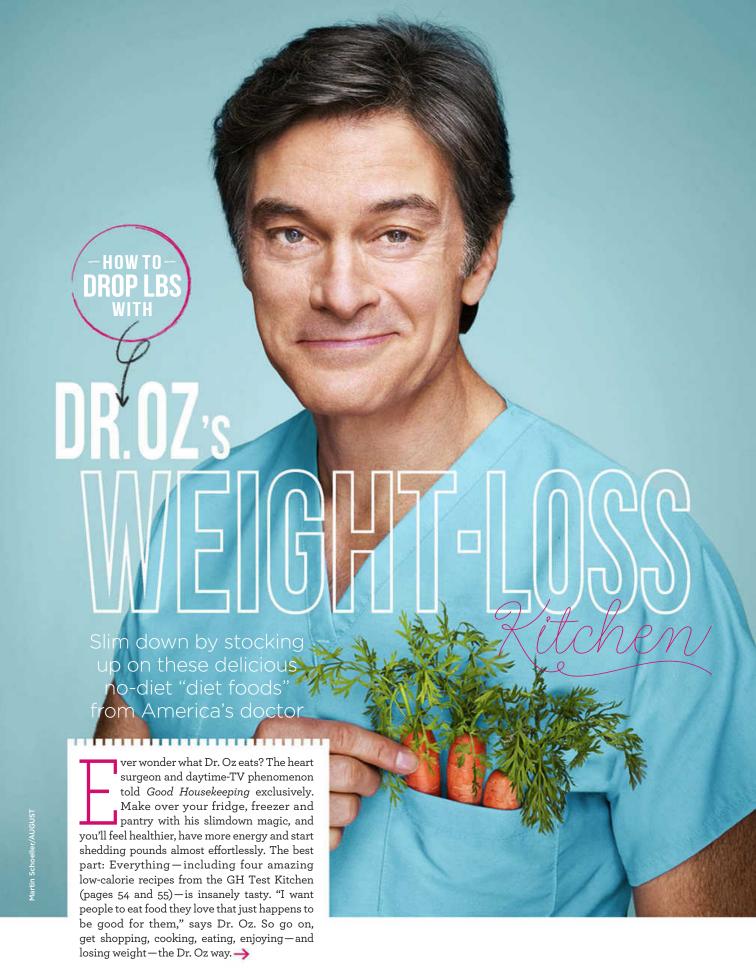


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- Snack size

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Dip carrots, celery and cucumbers in Lisa's Weeknight Vinaigrette: balsamic vinegar, olive oil, salt, pepper and garlic (mustard optional).

PLAIN GREEK YOGURT This protein

powerhouse is an ideal substitute for MILK mayo. It's also the "Have 2% instead foundation for of skim," says Dr. Oz. Dr. Oz's preferred "When the fat's breakfast: plain removed, it's not Greek yogurt with as satisfying." fresh berries.

PHOTOGRAPHS BY MIKE GARTEN

ROTISSERIE CHICKEN

Slice it up and use it

in sandwiches; it tends

to be lower in sodium

than deli meats.

OMEGA-3-ENRICHED EGGS

"Eat the yolks!" says Dr. Oz. "That's where you'll find all the nutrients you want. I have two eggs at least twice a week."

TOFU

Blend this protein into smoothies or veggie dip. You won't even taste it.

If you're on aspirin heart therapy, switching your pain reliever to TYLENOL® may be a good idea.



TYLENOL® doesn't interfere with the benefits of aspirin to protect against heart attack or stroke. Talk to your doctor to get the facts.

use only as directed

McNEIL PPC, Inc. 2015



PREPPED FRUIT

Keep seasonal must-haves like berries, cherries and mango on hand. "Every summer we buy huge containers of Maine blueberries and freeze them, then eat them all year long," says Dr. Oz.

EDAMAME

It's hard to overeat these because "it takes time to open each pod," says Dr. Oz. "I find the process sort of meditative."

SEAFOOD

Shrimp, scallops, salmon, halibut and cod are all healthy options, and they cook up in minutes.

LEAN MEATS

Keep turkey and bison on hand, and "look for loin or round cuts of beef," says Dr. Oz. "They tend to have less fat."



MIXED VEGGIES

DR. OZ'S
WEIGHT-LOSS
PANTRY

BANANAS

WHOLE-GRAIN

WAFFLES

It's OK to stock a few

convenience items, like waffles.

"I don't mind natural treats like these," says Dr. Oz. "They're great as a cereal sweetener or frozen as dessert." (See page 55 for an ice cream recipe.)

FLAVOR BOOSTERS

Oregano, red pepper flakes and cayenne are Oz family favorites. Pumpkin pie spice is the secret ingredient in our pancakes (recipe, page 54).

CANNED PUMPKIN One cup packs

One cup packs 7 grams of fiber for less than 100 calories.

COOKING OILS

Sesame, peanut and coconut oils all infuse food with taste. "I use a lot of coconut oil. I like its tropical flavor," says Dr. Oz.



ROOT VEGETABLES

OLIVE

OIL

Sweet potatoes, yams and beets all make yummy fries (recipe, page 54).

DESSERT TEA

"If it's close to bedtime and you crave ice cream, have a decaf tea with honey instead," says Dr. Oz.

WHOLE WHEAT SANDWICH THINS

Bread is not the enemy. "You need it for fiber—and for sandwiches," says Dr. Oz.

ALMOND BUTTER delivers prote

It delivers protein and healthy fat, and it crushes cravings.

It's your new pancake base (recipe, page 54).

WHOLE-GRAIN

FLOUR

TOMATOES

e (recipe, age 54). WHEAT PASTA

RED QUINOA Use it

Use it instead of white rice in Asian-style dishes.

DARK CHOCOLATE

Rather than coffee,
"I use it as my main energy
source in the middle of the
afternoon," says Dr. Oz.



CANNED BEANS

LACK BEANS

CHIA SEEDS

OATS

VANILLA EXTRACT





TURKEY BURGER WITH SWEET POTATO FRIES

Cut 2 sm. **sweet potatoes** (1 lb.) into 1/4-in.-wide sticks: toss, on lg. rimmed baking sheet, with 2 Tbsp. olive oil, 1 tsp. chili powder and 1/4 tsp. salt. Roast in 450°F oven 20 to 25 min. or until crisp, shaking once. Mix 1 lb. ground turkey breast with 2 cloves garlic, pressed; ½ c. chopped cilantro; 1 tsp. chili powder; and ¼ tsp. salt. Form into 4 patties. Grill on med. 12 to 15 min. or until cooked through (165°F), turning once. Mash ½ avocado with 2 tsp. lime juice. Place burgers on 4 toasted whole-grain sandwich thins; top with avocado and tomato, cucumber, lettuce and sprouts as desired. Serve with fries.

SERVES 4 ABOUT 470 CALS, 30 G PROTEIN, 46 G CARBS, 21 G FAT (4 G SAT), 11 G FIBER, 640 MG SODIUM.







DR."OZ'S SLIMDOWN SECRETS

GO TO BED

It might seem like a funny place to start, but "the first thing to do is sleep," says Dr. Oz. "If you're not sleeping due to a medical problem sleep apnea, restless legs syndrome, poor sleep hygiene-address it. Don't think of it as a mere inconvenience: You will not be able to lose weight if you can't sleep." Case in point: Recent research suggests that getting a good night's rest can help reduce cravings. Plus, Dr. Oz adds, "You can't eat when you're sleeping!"

We all love going out to eat. but if you're trying to stick to an eating plan, ordering off a menu can be tricky. "The chefs want the food to taste really good, as they should," says Dr. Oz, "but to get their desired result, they sometimes use ingredients—like butter and cream—that you would normally be willing to go without." Also, at many restaurants there's a series of temptations—like warm bread—that make it hard to eat healthfully. Cooking at home gives you complete control over what goes into your food.

Your goal is to "never be hungry," says Dr. Oz, and for most people, the only way to achieve that is to eat between meals. "That's why I'm never without a plastic bag of nuts. It's like a feeding trough," says Dr. Oz. His other go-to: seaweed snacks. "We have them all over the house," says Dr. Oz. "You cannot gain weight on seaweed snacks."

Dr. Oz suggests a twopronged approach. Part one: Keep a food journal. "It makes you accountable to the most important person—yourself," he says. And it's the perfect place to brag about how good you've been (spare your Facebook friends, please). Part two: Rope in a pal. "You ought to have a diet partner who will check in on you," says Dr. Oz. "He or she should be on a healthy eating plan, too. It doesn't have to be weight-loss-focused, but he or she can't be an enabler. You need someone who shares where you want to be."

Contemplating what vou want to eat—even for a couple of seconds can lead to indulging. (Remember Saturday morning when you opened the fridge and thought, I know! I'll make chocolate chip waffles?) So don't think: when it comes to breakfast and lunch, reach for the same healthy option (or two) over and over again. "For breakfast, I'll have yogurt with blueberries, steel-cut oats or a two-egg omelet," says Dr. Oz. "At lunch, I'll have a salad with a little protein, like salmon or eggs, on top." That said, it's OK to shake things up at supper. "All work and no play makes Jack a dull boy," iokes Dr. Oz. Aim for a rotation of three or four dinner ideas that taste different from what you've eaten earlier in the day. That will keep you from getting tired of your standbys, says Dr. Oz.

weight-loss advice the October issue you'll learn how list to use while maximizing flavor. The plan lists 20-plus and dinner), all of health benefits and help



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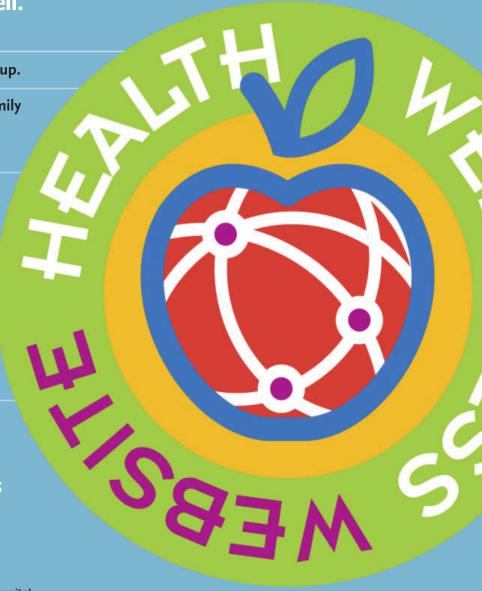
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FABRIC Zebra in Masai Red by Scalamandre, scalamandre.com



WALLPAPER
Zebra in White/Gray by
Graham & Brown,
grahambrown.com









KHAKI LIDS

The draw of this neutral stick: It's a liner and a shadow in one. Make Up For Ever Aqua Matic Waterproof Glide-On Eye Shadow ME-32 Metallic Golden Khaki, \$22, sephora.com

Tame wild prints with a sleek skirt and neutral accessories.



EYE OF THE TIGER, ER, LEOPARD

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THE ELEPHANT IN THE LAUNDRY ROOM

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9

PUTTIN' ON THE SPRITZ

Infused with green tea extract and bitter orange, this unisex scent is the perfect finishing touch.
L'Occitane Thé Vert & Bigarade Eau de Toilette, \$62, usa.loccitane.com



10

SCULPTURE SQUAD

Use these cute figurines to add interest to a bare bookshelf. \$90 for four, dotandbo.com





// BEI

BENCH WARMER

Add this zebra-striped seat to an entryway for an unexpected dose of playfulness. **\$320**, wayfair.com



12

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13

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A leopard clutch gives soft neutrals some serious personality.



WHERE YOUR WILD THINGS ARE

Corral collectibles in this decorative storage box. \$113, dwellstudio.com



Melanie Galea, The Street Muse/Trunk Archive (clutch)









20

SPOTTED: A CHIC MIDIOwn the urban jungle in a sassy skirt. *Ohne Titel, \$198, theoutnet.com*





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GH's stain-busting expert shares her fixes for household dilemmas and life's little "oops" moments

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My husband's polyester and nylon clothes hold the smell of sweat, and I can't get it out. Help! - Gail P.

It's not unusual for synthetic fabrics to trap odor. *To make* them smell fresh and clean: Don't use cold water, too little laundry detergent or any liquid fabric softener. Do wash on the Regular wash cycle in warm water (follow the garment's care label), do rinse twice (to remove all soap residue) and do hang to dry, outside or indoors (no dryer!). You can also try my supersoak — 1/4 cup washing soda (not baking soda) in a gallon of hot water for two to three hours—and then wash. If it's just underarm odor, pretreat the area with vinegar and let it sit 20 minutes, or rub in liquid laundry detergent.









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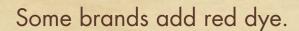
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JOHANNA **GILLIGAN**

How to give kids the (garden) tools to grow

NEW ORLEANS SAINT

Teaching high school in the Big Easy planted the seed for Johanna Gilligan's big idea. Lots of her lower-income students had after-school gigs at fast-food chains. As a result, says Johanna, "too many of them were eating cheap processed foods loaded with sodium, calories and fat." Compounding the problem, access to fresh produce in the area was limited—and organic produce was expensive. Says Johanna, "You shouldn't have to be wealthy to be healthy."

HATCHING A PLOT

To supply kids with healthier options, Johanna worked for four years with the New Orleans Food & Farm



how to plant gardens and hosting nutritional cooking classes at local high schools. In 2011, she started Grow Dat Youth Farm (named for the New Orleans Saints' 2010 Super Bowl slogan, "Who Dat?") to help youths develop leadership skills and learn how to tend and harvest fruits and veggies.

SEEING KIDS THRIVE

In the past four years, with help from private donors, grants and a partnership with Tulane University, Grow Dat has mentored 150 young people, ages 15 to 21, some of whom have gone on to careers with food purveyors and small farms. "It's rewarding to see

kids shine," says Johanna, now 35, who once or twice a month takes a break from running the program to get her hands dirty with her mentees in the farm's vegetable beds. Sixty percent of Grow Dat's produce is sold at farmers' markets and co-op share programs, with the remainder going to New Orleans's needy. "The best thing about my job is watching kids start to understand their relationship with the environment and our world," says Johanna. True dat!

– Cathy Free

Support Johanna's efforts at growdatyouthfarm.org.





I'm throwing myself a 40th-birthday party. Do I have to invite all of my coworkers? - JAMIE G.

IT'S NOT MANDATORY

to include coworkers, but try not to make anyone feel left out. If you have only a few workmates, the simplest option may be to invite them all; if you're part of a larger staff, stick to a logical group that includes your cubemates, your department and your boss. To avoid hurt feelings, send invites using home addresses or personal e-mails, and refrain from chatting about the bash around the watercooler. And finally, in this age of social media, you may want to avoid posting party snaps.

HAVE A QUESTION? E-MAIL PEGGY @GOODHOUSEKEEPING.COM



HOW TO BUILD CONFIDENCE

"People talk about confidence without ever bringing up hard work. I know I sound like some dour older spinster chambermaid on Downton Abbey who has never felt a man's touch and whose heart has turned to stone, but I don't understand how you could have self-confidence if you don't do the work."

- FROM MINDY KALING'S NEW MEMOIR, WHY NOT ME? (CROWN ARCHETYPE, \$25), OUT THIS MONTH



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POWER UP OUR GIRLS

This savvy mom is inspiring a new generation of Silicon Valley stars

AS AN ENGINEERING

MAJOR at Vanderbilt University and, later, a biotech company project manager, Kimberly Bryant was frequently the only black woman in the room. So when she learned that her 12-yearold daughter, Kai, was the sole African-American girl at a computer camp held at Stanford University a few summers ago, she worried. "I didn't want her to drop out or think coding was something she couldn't do," she says. Determined to build a place where girls like Kai could soar without feeling selfconscious, in 2011 Kimberly founded Black Girls Code, a start-up dedicated to teaching computer-programming skills to girls of color, ages 7 to 17. Now she oversees nine chapters in the U.S., plus one in Johannesburg, South Africa.

She told GH how she pressed Shift on her career to help girls learn to love tech.

I GREW UP IN INNER-CITY

MEMPHIS. There were no Mark Zuckerbergs in my neighborhood. I was good at math and science and took advanced classes, but I wouldn't have explored engineering if it hadn't been for my quidance counselors. Girls are often dissuaded from pursuing STEM [Science, Technology, Engineering, Math] fields. Kai's blossoming at the Stanford camp inspired me to create this. There weren't a lot of groups focused on teaching young people, and none focused on girls of color.

STARTING A NONPROFIT SCARED ME. I worked at tech corporations for over 20 years, so I knew little about running

a nonprofit. It was hard to overcome my fear of relying on others, but I needed help with funding, developing a curriculum and finding volunteers and staff. Once I let go, we took off. In 2012, Google gave us a \$20,000 grant, and the software company ThoughtWorks let us use their offices to teach our students.

BEING A START-UP FOUNDER IS INTENSE.

I feel lucky that I began this when my daughter was older, which allowed me more flexibility [since she's in school and often occupied]. But it's still difficult. Constant travel and long days make finding balance hard. I'm learning how important it is to carve out time for myself. This year, once per quarter, I'm trying to do a "quiet month," when I won't

travel or accept speaking engagements and will spend more time with my family and team, doing things like walking. Time away lets me be creative. That's when I come up with my best ideas.

Family: Daughter Kai, 16

Age: 48 **Current home:** San Francisco

THESE GIRLS ARE GOING TO BE CHANGE CATALYSTS.

I love that we're teaching them to make things that impact their lives. One of our groups developed an app to help teens cope with domestic violence. Kaya Thomas, 20, a past BGC student and volunteer who's now a junior at Dartmouth studying computer science, created the books app We Read Too, featuring works by authors of color. We're teaching them how to be leaders, not just tech users.

> -as told to Christine Kopaczewski



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WIN BY LOSING

Before Eat, Pray, Love, Elizabeth Gilbert was a county fair flop—and that might be the secret to her success

IN THE SUMMER OF 1980, when I was 10 years old, I decided that I was going to win Best in Show at our local county fair.

My motivation was pure: I wanted the ribbon. The Best in Show ribbon was a giant purple explosion of glorious splendidness, with gold-embossed lettering that explained in no uncertain terms that the bearer was unequivocally The Best. I was determined to make it mine.

How to go about winning the thing was problematic, however, because there was nothing at which I was The Best. I would need to do something more cunning than merely excel. So I decided to overwhelm the judges with hundreds of submissions, thereby maximizing my odds of victory through the sheer avalanche of my presence. (If you've ever tried to rig an election, then you may be familiar with this tactic.)

Entering hundreds of submissions into a county fair takes some doing: a lot of cooking, sewing, crocheting, canning,

growing, building and drawing. Here's what I created: muffins; cookies; fudge; cornbread; a cake shaped like a castle; a cockeyed, hand-sewn teddy bear; a pencil holder decorated with yarn; pickles; a diorama about the growth cycle of beans; a handmade board game about cats; a papier-mâché piggy bank; a needlepoint portrait of a rather large snail; a watercolor representation of my family; a coat hook; a coat of arms; necklaces made from spoons; necklaces made from shells; necklaces made from other necklaces...I could go on.

When all was said and done, it took three separate trips in our Chevy Malibu station wagon to deliver all my booty to the exhibition hall. I had not so much entered the county fair as assaulted it.

The night before the judging, I did not sleep. When the fairground opened the next morning, I was the first person waiting at the gates.

Did I win Best in Show?

Of course not.

The winner (not that I'm still upset about it) was a guy who had only entered one thing in the entire fair: baklava. Baklava?! Do you know how boring baklava is? Do you know what color it is? Brown. Let me remind you: I baked a cake that looked like a castle, decorated with turrets made of upside-down ice cream cones, with balustrades crafted from pillow mints. How a brown dessert that doesn't even have frosting stole my prize was beyond me. (I still can't eat baklava to this day.)

I was devastated. Sobbing. Inconsolable. But then—a miracle!

One of the more attentive judges must have noticed that approximately two-thirds of the submissions in the fair had come from one person, and that this person was a 10-year-old child, because an hour later, I was presented with a special prize-a generic white ribbon, upon which that kind soul had written in Magic Marker: MOST IN SHOW.

Not Best, mind you. Most.

Was I offended by my consolation prize? No! I was consoled! Proud, even. Dammit, I was the Most in Show.

And here's the thing: I still am.

I'm still not the best at anything. Not the smartest, most talented, prettiest, strongest; not the best traveler, best novelist; not the best at foreign languages and not the best yogi. Not the best at anything.

But my heavens, I do show up.

My strategy is the same as ever: I may not win, but you will know that I was here. I still bring three carloads of effort to every endeavor. (That's certainly how I became a professional writer: I wouldn't quit submitting my work until publishers yielded.) The uniquely talented pastry chef with his fancy dessert still usually wins the big prestige prizes, but you know what? People have to acknowledge me anyhow, because I won't go away.

I advocate for a Most in Show approach to life, because it works. It comes down to this: Refuse to be unseen.

Believe me, it will take you far.

And going far is better than boring old baklava any day. •



Elizabeth Gilbert is the author of eight books. Her latest, Big Magic (\$25. Riverhead Books). comes out this month.



After 17 years of being their daughter,
I told my parents I was going to live as a man.
They were surprised, confused and scared.
Suddenly I felt like a misfit in my family.
It took a trip 2,400 miles away and the arrival of an unexpected parcel for me to remember how much they truly loved me

BY ALEX MYERS, GH READER

OOKS WERE THE currency of love in my family. If you liked someone, there was no better way to show it than by sitting with that person in a quiet room, reading. Giving someone a book was a gesture of true intimacy: fine if you bought it, but better if you pulled it off your own shelf, a piece of yourself. "I think you'd like this," the gesture meant, or "I thought of you when I read this." Presenting someone with a book showed you really knew the person. That was love.

I learned to read in the living room of my childhood home in Paris, ME, at the foot of my parents' bookshelves. The lowest held my early readers: The Boxcar Children, Frog and Toad Are Friends. Above those stood our World Book Encyclopedia, followed by classics—well-thumbed volumes on mythology, paperbacks of Jane Eyre and Little Women, and A Tree Grows in Brooklyn. Up and up sat my father's Lincoln biographies and my mother's anthropology texts. I looked at them in wonder, volumes I couldn't wait to read, promises of future happiness.

Seated at the foot of those shelves, I read my first book, *There's a Party at Mona's Tonight*. →

"Once I found the word for what I was feeling, I cut my hair and began to go by Alex instead of Alice"

The line was "Mona the Rat had big feet." I remember running my finger over the word and recognizing the letters—f, e, e, t—like they were long-awaited friends. "Yes," my father said, his voice thick with pride. "That's right."

In my first year of college in Boston, I spent hours in libraries full of carefully catalogued books, fixated on heading west. The East Coast felt confining, my life as a student as constrained as the clothbound books on the library shelves: curated, lifeless. I wanted to escape.

The truth was something more complex. The year before I went to college, I'd come out as transgender. My whole life, I'd always wanted to be a boy, but until I learned the word "transgender"—until I met people who were transgender—I had no idea that I could live as one. Once I found the word for what I was feeling, I cut my hair and began to go by Alex instead of Alice. Almost immediately, waitresses and cashiers addressed me as "young man," and it felt right.

After 17 years of being their daughter, I sat my parents down and told them I was going to live as a man. They were surprised, confused and scared; they'd had expectations of what my future should look like. My mother sat there with a bewildered expression. "All I wanted was for you to be happy," she said. During my first year in college, they were still fumbling with pronouns, still thinking of me as a girl.

But I was 18 and impatient. I wanted the world to accept me as a man. That spring, when I visited my parents, I felt a sense of dislocation. I knew what I wanted to be, who I no longer was—their daughter—but I didn't yet feel like their son. I knew they loved me, but the love felt abstract. I could feel their doubt in the way they hesitatingly introduced me as their "child" and dodged questions from neighbors about my hair: "She's just got it cut short," or "I'm sure it's a phase." I wanted them to accept me, for them to understand that this was who I was.

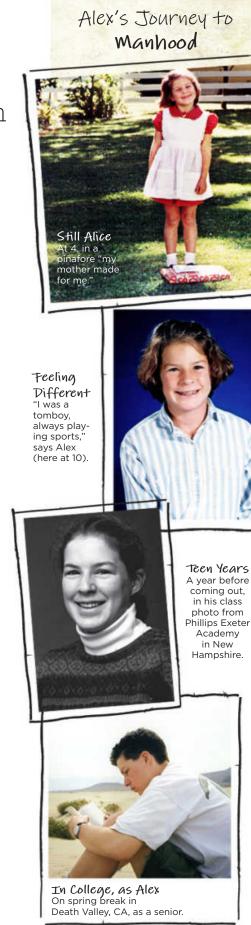
Getting away, I thought, would allow me to finally live as my true self. So the summer after my first year in college, I went to Wyoming, where I worked for the Forest Service. My boss drove me out to the post where I'd be stationed. Higher and higher we went, into the mountains, passing cattle ranches until eventually they stopped appearing. All I could see was open, empty land. I felt like I'd fallen off the edge of the earth.

I was given a badge, a Forest Service cap and a tan shirt. For lodging, I'd be sleeping in a converted coal shed, just big enough for a double bed, a fridge, a stove, a sink and a tiny table. The other folks at the ranger station weren't around often: The train crew went into the backcountry for weeklong hitches, and the fire crew went off to wherever they were needed. Alone for long stretches, I'd walk down to the visitors' center and sit on the porch, waiting for tourists. On a busy day, I'd talk to 50 or so people. On a slow day, I'd talk to no one.

When I'd thought of living there, I'd envisioned myself hiking or riding horseback, digging postholes and stringing fence line, so I'd packed only three books, ones I felt I should have read by then but hadn't: The Origin of Species, Paradise Lost and Moby-Dick. Despite their density, I finished them all within a week. Moby-Dick was OK, although it was odd to read about whales and the ocean while surrounded by the mountains of Wyoming.

On my first day off, I hurried to town to scour stores for books and found a box full of yellowing, musty-smelling Louis L'Amour Westerns. But when I read one that night, I closed it feeling just as lonesome as the cowboy the story was about.

After work the next day, I tried calling my mother, not sure what I'd say but wanting to hear her voice. She was spending the summer in Maine, on a lake where her grandfather had built a cabin, before joining my father in the fall in Armenia, where he'd just relocated for his job. There



wasn't a landline at the cabin, and her cell phone got service only if she paddled a canoe to the middle of the lake. I left her a voice mail, telling her how pretty the mountains were, trying to sound cheerful.

The next day I wrote her a postcard: I'm out of books, which is a terrible way to be.

I was lonesome, and a little scared. What did it mean, I wondered, that I had gotten what I wanted—the chance to live as a man, where no one knew I had been a girl—and still wasn't totally happy?

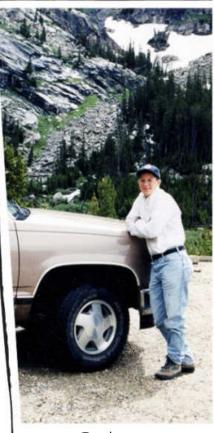
Over the following days, I read my few books on the visitors' center porch, watching RVs roar by, hoping a bookmobile would get a flat tire. No such luck.

Then, about a month into my stay, a huge cardboard box arrived. I lugged it into my shed and tore the packing tape off.

It was crammed with books from home. Each had a note tucked inside, some in my mother's handwriting, some in my father's. I know you've read this one before, one said, but there's no pleasure like rereading a favorite book at a different time in your life. And then this, in my father's angular letters: When I was your age, I read this book and it made a tremendous impression on me.

I flipped through the volumes, smiling, imagining how the surprise had unfolded. How my mother had paddled her canoe to the middle of the lake to call my father. How he, then, standing in his apartment in Armenia, remembered what books I'd read already, what I'd liked and hadn't. How he'd written those heartfelt notes and express-mailed them to my mother, who'd put it all together, this huge box, trundled down the back roads of Maine, an hour to the nearest post office. And how that box had come to me, in my shed, in the middle of nowhere.

There was an account of Admiral Peary's trip to the North Pole, Of Mice and Men, The Pillars of the Earth—books I'd admired all my life from the two people who knew me best, who knew me as the person I'd been and as who I was now, whatever the tension



Ultimate Road Trip Leaning against his boss's car in Wyoming.

between those points. The pair who had taught me to read, who had opened up the world to me.

That summer I read each of them all the way through, using my parents' notes as bookmarks. After I finished a volume, I wrote my own note, explaining what I'd liked, where I'd been when I'd read it, my favorite passages. I sent the letters off to Maine and asked my mother to forward them to Armenia. I imagined the great circle of pages the books and notes made, crisscrossing the globe. Notes of love and forgiveness, welcome and discovery.

Evenings in Wyoming, when the light grew too dim for me to read on the porch, I'd shut whatever book I was immersed in and listen to the river rushing past.

Then I'd go inside and look at my shelf of books, certain I knew what love was. •

Alex Myers is the author of the novel Revolutionary (Simon & Schuster, \$16). He lives in Washington, DC, with his wife and cats.

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Fates and Furies

by Lauren Groff An intimate peek inside a marriage, from both spouses' vantage points. Complex, sexy and achingly beautiful. \$28

THRILLS + CHILLS

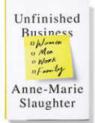
In a Dark, Dark Wood by Ruth Ware Nora attends a pal's bachelorette party at a creepy cottage with no cell reception...and oh, yeah, maybe a ghost. \$26



NEW NONFICTION



The Last Love Song by Tracy Daugherty A comprehensive, absorbing look at the life of iconic author Joan Didion (our literary girl crush!) by a top-notch biographer. \$35



Unfinished Business by Anne-Marie SlaughterAll too often, moms

get bounced off fast tracks and paid less for prioritizing family. Let's overhaul our work culture, Slaughter writes, to help women succeed. \$28



Rising Strong by Brené Brown

Self-help guru Brown reads like your smartest girlfriend — friendly and full of wisdom. Here she offers strategies for recovering from failure. \$27

MORE GOOD READS Tragedy spurs a road trip in *Did You Ever Have a Family* (\$26, Scout Press). • Jonathan Franzen's *Purity* (\$28, FSG), about an idealistic girl's globe-spanning search for her dad. • Celeb chef Cat Cora's tell-all, *Cooking as Fast as I Can* (\$25, Scribner).

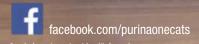
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GH REPORT



BY THE EXPERTS AT THE GOOD HOUSEKEEPING INSTITUTE

From Our Electronics Lab



HOW TO BE AS SMART AS YOUR

SMARTPHONE

First step? Get a great phone—check out the ones that topped our test below. Then use our engineers' advice on how to extend battery life, save money and text better. Powering up...

0 0 SAMSUNG al B **BEST OF THE TEST OVERALL WINNER** Samsung Galaxy S6 and S6 Edge (\$199 and \$299 with contract) The phones delivered stellar performance across the board (battery life, camera, display and ease of use), and their aluminumand-glass finishes rival Apple's aesthetic (the Edge's curved design partly accounts for its higher price). Lab says: The cameras took the sharpest pics in our low-lighting tests; real-time HDR lets you see how the pic will look before you click. Testers say: "Display is crystal clear, and the keyboard doesn't get stuck when texting quickly."

Screen size: 5.1" (measured diagonally) Battery life: 9 hours*

Switch from text to call.

If you're texting someone and want to jump on a call with that person, just hold the phone up to your ear.



Snap a photo while filming.

Tap the white button on the lower left-hand corner of the screen to take a pic while recording.

To silence a call:

Flip the phone facedown or put your hand over the screen. (Go to Settings to enable.)

Shake and remake.

Sent an e-mail to the trash by mistake? Shake the iPhone and tap Undo. This also works with typing. Need to redo something you deleted? Shake again and tap Redo.

Screen size: 4.7" (measured diagonally) Battery life: 7.2 hours*

RUNNER-UP

Apple iPhone 6 (\$199 with contract)

The iPhone is the top-selling phone, and the larger-size 6 didn't disappoint in our tests, especially in ease of use. (Most testers found the 6 Plus too big.) You may want to wait until the 6s/7 is released (probably this fall) to get a deal on the 6.

Lab says: Navigation is intuitive and the camera launches quickly, though there's not much new compared to the 5s.

Testers say: "Supereasy to use, and display is great"; "Wish it had a swipe keyboard." Tip: Use Swype, an app that creates a swipe keyboard.

*Based on a controlled energy-use test (playing video nonstop). Actual use times will vary.

TEXT LIKE A PRO

Our savvy shortcuts will make your next exchange a breeze – plus, tips on how to pocket some cash!

IPHONE TEXT HACKS

SHARE A TEXT Tap and hold on the message, wait for the options bar to pop up and tap More. A new screen will appear with the text you want to copy; tap the Forward icon on the bottom right-hand corner to send it to a new recipient.

ENLARGE TEXT Open Settings and tap General, Accessibility, Larger Text. Drag the slider to select a size. This works with e-mails and apps (like NYTimes).

TEXT IN ALL CAPS Want to "yell" or show your exuberance? Type in all caps by double-tapping on the Shift key.

WHERE'S THE TIMESTAMP? To see it, swipe (holding down) from right to left on the screen—you'll see the time each message was sent pop out from the right.

TEXT FASTER Hit the space bar two times for a period and a space.

ENSURE THAT MESSAGES GET SENT

Blue means that a message was sent via free iMessage between Apple devices on cellular data or Wi-Fi. But if Wi-Fi or data fails, so will the text. The fix: Enable SMS, the text-message service of cell phone plans, as a backup. Go to Settings, then Messages, and tap Send as SMS. Green means it was sent successfully!

THREE WAYS TO \$AVE

CHECK FOR DISCOUNTS

Ask your service provider if it offers discounts for your company or students—many do!



CASE YOUR PHONE

Buy a case with a raised edge so that if the phone lands facedown, the screen will be protected.



GET AN UNLOCKED VALUE PHONE

The Alcatel OneTouch Idol 3, which did well in our tests, is only \$250 without a contract. It lets you switch providers on a whim, so you're not stuck in a pricey agreement.





Rachel Rothman

Director, Engineering and Technology Lab

@ghgadgetgirl



how to

AVOID GOING OVER YOUR **DATA PLAN** AND PAYING EXTRA

Even "unlimited" data plans may have a ceiling, so it's smart to limit your usage. Here's how to do that: Avoid sending photos, watching videos and scrolling on Instagram when you're not connected to Wi-Fi. If you're headed to a place where you know you won't be connected, download as much info as you can beforehand so you can view it offline. Other tips: Turn off push notifications for things like social media posts; adjust settings so certain apps (Netflix, YouTube) can run only when Wi-Fi is on (in Settings, tap Wi-Fi Only); and reduce the quality on data-hogging apps (for Facebook, turn off "Enhance photos automatically").

how to

MAKE YOUR

BATTERY LAST LONGER





KEEP IT COOL

At extreme temps, phones may not perform as well and battery life can be reduced.



TRULY CLOSE APPS

Unless you do this, they're still "on": For iPhones, double-tap the Home button and swipe up on each open app to close it.



TURN OFF WI-FI AND BLUETOOTH

When you're on the go, your phone uses more juice searching for a connection.



BUY A BATTERY CASE

Our pick: Mophie Space Pack (\$150+) it doubles as memory storage (16GB and up) and is relatively light.



TRIED + TESTED

HOT NEW ACTION CAM

Small, rugged and able to capture every move, the TomTom Bandit makes filming adventures (even

underwater) a cinch

The GoPro has become the gold standard for professional-quality action video, but there are new players on the field. Our experts looked at the TomTom Bandit and loved it! Like a GoPro. the Bandit offers ultra-HD filming and an array of capture modes (video, photo, time-lapse, cinema, slow-mo). But unlike other cams, it lets you edit and share videos on your smartphone via a free app-without having to



download them first. As if that's not cool enough, this camera has sensors that help determine your "highlights" for simplified editing—based on whether you're going fast (e.g., flying down a mountain's half-pipe), high up (e.g.,

TomTom Bandit, tomtom.com

Bottom line: For an easy-to-use HD cam, this is the one to beat. But GoPro is still the go-to for ultra-high-quality video, so if that's what you need, spring for the GoPro

Hero4 Black (\$500).

FINDA

BIKE YOU

LIKE

Just use our

ride guide:

COMMUTER BIKE

The upright position lets

you see pedestrians and

cars more easily. Some

even fold up for handy carrying and storage.

MOUNTAIN BIKE

It has low gears to help

you climb steep hills, plus

SHAKE IT UP, BABY

Automatically create a oneminute video. composed of highlights from all your footag simply by shaking your

mention it's waterproof up to 160 feet? That's not all: Its charger has a built-in USB, so you don't need cords.

> great shock absorbers for uneven terrain. The wheel tread is deeper for better traction. **ROAD BIKE**

Training for a triathlon? This cycle's light frame and aerodynamic design maximize speed.

CRUISER

The beach-friendly, tool-around-town style usually has simpler gears (read: little maintenance), and the frame lets you sit up straighter. If you live in a hilly area, get a hybrid (below); you'll need the extra gears.

HYBRID

It's a do-it-all ride: The tires have more tread than a road bike's, so you can take it on dirt or gravel roads as well as on smooth, flat surfaces.

PRICE CHECK PAPER TOWELS

jumping from a diving board)

and more. And did we

These brands scored tops in our tests, and depending on where you buy, you could save more than 50%!

| Bounty | Bounty Select-a-Size (12 Giant = 18 | WALMART .COM | TARGET .COM | SOAP .COM | AMAZON .COM |
|--------|---|-----------------|-------------|--------------|----------------|
| | Regular Rolls), 105 2-ply sheets per roll | \$15.97* | \$18.79 | \$22.06 | \$22.00 |
| yiva | Viva Choose-a-Size (12 Giant = 18 Regular Rolls), 1001-ply sheets | \$24.71 | \$14.99 | \$22.51 | \$34.99 |

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9 out of 10 Couples Disagree on Mattress Firmness

Most couples don't agree on the firmness of their mattress. With an ordinary mattress, one of you is likely compromising on comfort.

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FlexTop® King i8 mattress shown on a FlexFit™ 2 adjustable base. Adjustable base and upholstered furniture sold separately. Prices subject to change without notice. Pictures may represent features and options available at additional cost. Not all bed models are displayed in all stores. Beds and bases not available for in-store pickup. Additional, non-refundable shipping and delivery fees apply unless otherwise stated. Shipping and delivery fees do not include return shipping. *For a summary of clinical studies, visit sleepnumber.com. Find the technology tested in the clinical studies in Sleep Number® c2, p5, p6, i8 and i10 mattresses. †From clinical studies conducted for Sleep Number by the Sister Kenny Institute at Abbott Northwestern Hospital and the Physical Therapy at the Marsh Health Center in conjunction with the Sleep Fitness Center. ‡2-Year Limited Warranty on SleepIQ® technology. Warranties available at sleepnumber.com. §The 100-Night Trial begins the day your new Sleep Number® bed arrives in your home. If not satisfied, call within 100 days of delivery to authorize return. We'll reimburse the full purchase price less your shipping or Comfort Service^{ss} Home Delivery You pay return shipping. There are no returns or exchanges on Upholstered Collection, adjustable bases, factory outlet, closeout or demo bed models. See Sales Associate or sleepnumber.com for current details. SLEEP NUMBER, SÉLECT COMFORT, SLEEPIQ and the Double Arrow Design are registered trademarks of Select Comfort Corporation. © 2015 Select Comfort Corporation.

HOW IT WORKS

RINSE

WHAT IT IS A rinse aid's surfactants help water "sheet" off dishes during the machine's rinse cycle for more complete drying and spot-free results. (Don't worry, surfactants aren't left behind.) WHY YOU NEED IT Today's energy-saving machines use less H₂O than ones made a decade ago, so some food can be redeposited. Also, new dishwashers may not automatically add heat (to speed evaporation and lessen spotting) to the drying cycle. With or

option (an energy draw!), a rinse aid, such as Cascade or Finish Jet Dry, helps glasses dry clear.

without a heated-dry



Cascade Platinum Rinse Aid (\$3 for 8.45 oz.)



WORKOUT TOPS

Lululemon has recalled about 300.000 iackets and tops after seven incidents of the elastic drawstring cords snapping backward that resulted in face and eye injuries. For styles and a replacement cord, visit lululemon.com.



HOW TO TREAT

THE NEW SUPER LICE

There are up to 12 million cases yearly in kids under 12. Here. expert-vetted ways to zap the hearty breeds

Comb, \$10,

amazon.com

SCHOOL'S BACK-AND SO ARE LICE.

Spread mostly via heads touching, they feed on human blood (eww!) but aren't dangerous. The problem: Research has shown that some lice are resistant to the insecticides permethrin and pyrethrin (found in OTC products like Nix and Rid), in part because of overtreatment. To beat resistance or to avoid chemicals, parents may resort to home remedies that are ineffective at best, risky at worst: In January, a Massachusetts child suffocated in her sleep after her mother coated her Nit Free Terminator hair with mayo and covered it with a plastic bag. Steps for a safe fix:

Call your pediatrician. "Not all communities have resistance, and your doc will know if it's an issue," says Cynthia Devore, M.D., a spokesperson for the American Academy of Pediatrics (AAP). If there's no resistance, she may suggest an OTC product with permethrin or pyrethrin-still a safe way to kill lice. If there is resistance, she may prescribe a stronger drug (but avoid Lindane, which the AAP no longer recommends—it's been linked to seizures) or an OTC alternative. Lab says: New Rx's

Natroba, Sklice and Ulesfia appear to be safer than Lindane. Also ask about OTC Vamousse Lice Treatment, a non-pesticide product with a form of sodium chloride

(the same thing as table salt) that claims to kill lice. (There's no solid evidence that natural "fixes" like mayo work, says Dr. Devore.) Comb. Whatever treatment you use, you must comb out the

eggs (a.k.a. nits) with a grooved metal nit comb (left), even if the product claims to kill eggs (few do); otherwise, they'll hatch in about 10 days and the cycle will continue. As for products that coat hair for easier combing or to loosen nits, check with your doc

first. "Some ingredients, even in regular conditioners, can deactivate treatment chemicals meant to stay on the shaft," says Dr. Devore. Lab says: If your doc OK's it, or you aren't using a chemical treatment, try LiceMD Pesticide-Free or Licenders Natural Combing Solution.

Consider outsourcing nit-picking.

Though pricey, services like Licenders and Nit Nurses will do the time-intensive combing for you.



Ask your Independent Eyecare Professional for Crizal No-Glare lenses.

To find one near you, go to Crizal.com

RESISTS



scratch



smudge











GH Seal products are rigorously assessed by the GH Labs. We stand behind them with our exclusive refund-or-replacement limited warranty.*

Seal Spotlight POWDER ROOM

The average American spends a total of two weeks per year in the bathroom—add these Seal stars to yours to make the most of every visit



TOUGH TISSUES

Puffs SoftPack's plastic packaging means the tissues—which proved strong and soft in our tests—will be protected if it gets wet or dented. And it's pretty and full-size!

\$2 for 132 tissues



POTTY TRICK

An essential oil formula, Poo-Pourri's Before-You-Go Toilet Spray traps odor and freshens air, so you're good to go (literally). Spritz it onto the water's surface.



DO-IT-ALL SCALE This model from Weight Watchers by Conair calculates your approximate body-fat weight, body water percentage (how hydrated you are) and more. All that and our testers deemed it easy to use. Conair WW-97, \$60

HOW TO MAKE WEIGHT LOSS EASIER

STEP UP DAILY

A recent study from Cornell University found that people who weighed themselves each day and logged their numbers were more likely to shed pounds and keep 'em off.

STAY CONSISTENT

For accurate readings, weigh yourself under the same conditions every day, and not right after exercising or drinking anything: Being too hydrated can alter results by skewing the electrical current (it's safe!) used to gauge body fat.

DON'T GET HUNG UP ON NUMBERS

An advanced scale is good for ballpark readings and tracking changes, but it shouldn't replace medical tests (e.g., bone-density scanning). And know that results can vary due to factors like salt intake and hormonal changes.

MIKE GARTEN (Puffs, Poo-Pourri)

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Prettier. Tastier. Crunchier. Guest-worthier! Love salad even more with these easy Frico Cups: Grate Parmesan and make piles, 2 in. apart, on a lined baking sheet (3 Tbsp. cheese per cup). Bake at 375°F until melted but not quite brown (6 min.); use a thin metal spatula to quickly transfer to muffin pan, pressing lightly in centers. Cool before filling. See page 103 for delicious recipe ideas.

> food news



Susan Westmoreland Food Director

@ghtestkitchen

FAMILY DINNERS

I love evening meals that bubble over with conversation. At our house, we go around the table sharing one good thing we did, one mistake we made and one thing that made us smile. That's how I've learned the most about my son's moments of joy (as well as anxiety) over the years. September is National Family Meals Month—the perfect time to cook our easy-prep recipes and talk with your gang. E-mail food @goodhousekeeping .com to tell us how you get the conversation started, and I'll send our Weeknight Easy cookbook to five readers with great suggestions. Details, page 105.



10-MINUTE JAM

...with two ingredients! In Ig. microwave-safe bowl, mash 2 c. berries with 1/3 c. granulated sugar. Microwave, uncovered, on High 10 min., stirring once. Cool completely. Makes 3/4 c.





OW GUESTS

Crescent rolls + cream cheese + pickled jalapeños + cocktail sausages = a new twist on a party pleaser! Go to goodhousekeeping .com/pigsinablanket for the recipe.



William Committee of the Committee of th

Buy one of these adorable spatulas and help fight children's hunger (30% of the proceeds support our partner charity, No Kid Hungry!). \$13, Williams-Sonoma







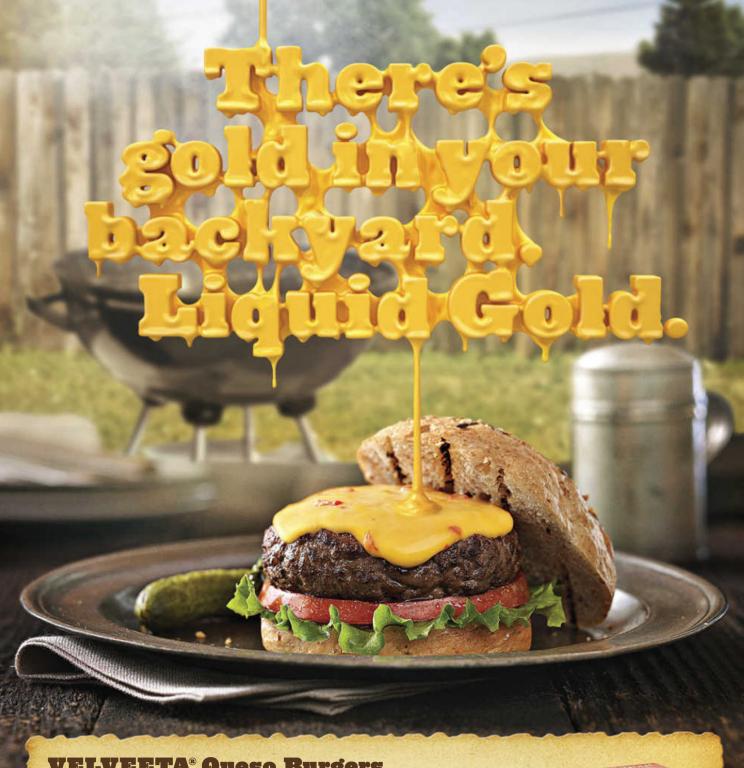






SPICE THINGS UP

These herb pastes are the next best thing to the fresh versions plus, they'll keep in your fridge for months without wilting! A little squeeze adds zip to dips and sauces. \$4 for a 4-oz. tube, Gourmet Garden WHITE AMS SONON



VELVEETA® Queso Burgers

How do cheeseburgers technically become Queso Burgers? By being topped with a melty mixture of VELVEETA and RO*TEL® Diced Tomatoes & Green Chilies.

Prep Time: 20 min. | Makes: 6 servings

What you need:

- 1.5 lbs. ground sirloin
- 1 lb. (16 oz.) VELVEETA, cut into 1/2-inch cubes
- 1 can (10 oz.) RO*TEL® Diced Tomatoes
- & Green Chilies, undrained
- 6 hamburger buns 6 pieces leaf lettuce
- 1 large tomato, cut into 6 slices

Make it:

Heat grill to medium heat.

Shape meat into 6 (1/2-inch thick) patties. Grill 4 to 5 min. on each side or until done (160°F). Meanwhile, microwave VELVEETA and RO*TEL® in microwaveable bowl on HIGH 5 min. or until VELVEETA is completely melted, stirring after 3 min. Place burgers on bottom halves of buns; top each with 2 Tbsp. VELVEETA sauce. Cover with lettuce, tomatoes and tops of buns.

For more Liquid Gold recipes visit VELVEETA.com









RELIABILITY MEETS INNOVATION

LG refrigerators are designed with form, function and innovation top of mind—without sacrificing reliability. That's why, after rigorous testing and analysis by the engineers and experts at the Good Housekeeping Institute (GHI), so many LG models have earned the Good Housekeeping Seal, a testament to quality. Even better, there's a Seal-holding LG refrigerator for every lifestyle.







For Families On the Go:

LG Super-Capacity French Door with Door-in-Door™ keeps food front and center for quick and easy access to those items you use all the time. GHI says, "This model offers plenty of flexible storage space, from its four adjustable glass shelves to a handy Glide'N'Serve Drawer for large platters, making it a great pick for a feature-loaded fridge."



For the Design-Minded:

LG Large Capacity Counter Depth 3 Door French Door Refrigerator Enjoy a built-in look with the cabinet-depth feature on this LG refrigerator. Thanks to its slightly shallower depth, it can stand flush with your countertop for a sleek look. Model # LFX21976



For the Eco-Conscious:

LG Super-Capacity 3 Door French Door Refrigerator is the first major appliance to earn the Green Good Housekeeping Seal. Experts at GHI say, "LG's fridge stood out for its energy efficiency, 100% recyclable and sustainablesourced packaging, as well as for the energy and water efficiencies of its manufacturing facilities." Model # LFX31925



For Growing Families and Everyday Entertainers:

3 Door French Door Refrigerator Discover LG's largest 3 Door French Door available. At 33 cubic feet capacity, there's room for the biggest shopping expeditions with room to spare. Model # LFX33975

LG 33 Cubic Feet Mega-Capacity



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... that's before there were paint rollers.

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your pantry

HOW TO:

Pressure Cook

• Read the manual. A stovetop cooker will work differently from an electric one, and they can vary from model to model.

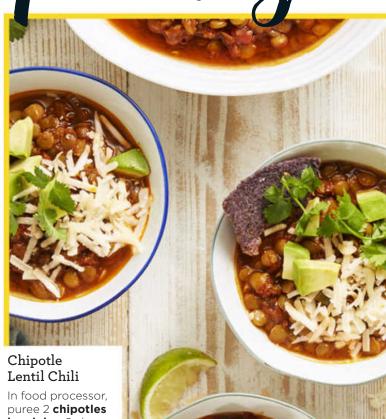
• Raise the pressure. Use high heat to crank up the pressure inside the cooker, then reduce the temp to maintain pressure.

• Speed things up even more. Use the quick pressure release setting. If your cooker doesn't have one, run cold water all over the outside of it (avoiding vents) until the pressure on the indicator drops.

Butternut Squash Risotto

In pressure cooker in 1 Tbsp. oil on med., cook 2 med. **shallots,** chopped; 3 cloves garlic, chopped; 4 leaves sage, chopped; and 1/4 tsp. **salt** 2 min. Add 2 c. **arborio** rice; cook 2 min., stirring. Add 4 c. lower-sodium broth and 1 lb. chopped butternut squash. Lock lid; cook under high pressure 6 min. Release pressure: stir in ½ c. grated Parmesan, ¼ tsp. salt and ¼ tsp. pepper.

SERVES 4 ABOUT 465 CALS, 11 G PROTEIN, 91 G CARBS, 7 G FAT (2 G SAT), 5 G FIBER, 890 MG SODIUM.



puree 2 chipotles in adobo, 2 cloves garlic and ½ c. sun-dried tomatoes; pulse in 1 can (28 oz.) whole peeled tomatoes until chopped. In pressure cooker in 1 Tbsp. oil on med., cook 1 med. onion, chopped; 1 med. green pepper,

chopped; and 1 Tbsp. chili powder 2 min. Add tomato mixture, 4 c. lower-sodium broth, 2 c. brown lentils and ½ tsp. salt. Lock lid; cook under high pressure 12 min. Release pressure. Serve with chopped avocado, shredded Cheddar, fresh cilantro and tortilla chips.

SERVES 6 ABOUT 310 CALS, 19 G PROTEIN, 52 G CARBS, 4 G FAT, 18 G FIBER, 870 MG SODIUM.

TRIED AND TESTED

PRESSURE COOKER

The 6-qt. stainless steel Fagor Splendid browns meat beautifully, comes up to pressure quickly, holds steady pressure and has a quick release.

\$90, fagor







SUBSCRIBE TO *GH* NOW AND SAVE 81% OFF THE NEWSSTAND PRICE AT *GOODHOUSEKEEPING.COM/SUBSCRIBE.*IT'S LIKE HAVING A NEW COOKBOOK EVERY MONTH!



with 1 Tbsp. melted

butter; season with

1/4 tsp. salt. Roast

20 min. or until

cooked (145°F).

Combine 2 c.

1/4 c. chopped

and ¼ tsp. salt.

Slice pork and

melon salsa.

SERVES 4 ABOUT

serve over **mixed**

greens topped with

finely chopped

cantaloupe; 1/4 c.

packed fresh cilan-

tro, finely chopped;

orange segments;

2 Tbsp. lime juice;

½ tsp. chili powder;

HOW TO: Roast

- · Avoid overcrowding. Space food out or it will steam vs. brown. Use a large rimmed baking sheet or two smaller ones, switching between racks halfway through.
- · Grease the sheet. It's the only way to limit sticking.
- Turn up the heat. The magic temp to cook quickly and maximize browning is 450°F.

TRIED AND TESTED

BAKING SHEET

Made of uncoated aluminized steel, Pan (16³/₄" by 12" by 1") browns food from all sides. \$18, chicago

Feta and Mint Mini Meatloaves

Combine 11/4 lbs. around beef chuck; ½ c. crumbled feta cheese; ½ c. fresh mint, finely chopped; and ¼ tsp. salt. Form into 4 mini loaves on baking sheet. Toss 1 lg. leek, sliced; 3 med. yellow squash, chopped; and 1 c. pitted green olives with 1 Tbsp. olive oil and 1/8 tsp. salt; arrange around loaves on baking sheet. Roast 15 to 20 min. or until

SERVES 4 ABOUT 415 CALS, 30 G PROTEIN, 12 G CARBS, 28 G FAT (10 G SAT), 4 G FIBER, 935 MG SODIUM.

meatloaves are

cooked (165°F).

Spanish Chicken

Toss 2½ lbs. assorted sm. chicken parts (cut breasts into halves) and 1 lb. mini sweet peppers with 1½ Tbsp. oil and ½ tsp. each salt and pepper. Arrange on baking sheet. Roast 35 min. or until chicken is cooked (165°F). Stir together ½ c.



In our tests. dark-colored pans held too much heat and overbrowned foods. Go light — even if you choose a baking sheet with a nonstick finish.





ном то: Sear & Deglaze

- · Use a 12-in. skillet.
- Pat your protein dry with a paper towel. Liquid interferes with searing.
- Season it right. Sprinkle your meat on both sides with ¼ tsp. each salt and pepper.
- Get your oil nice and hot on med.-high. It should ripple slightly before you add meat. Once meat is in the pan, don't move it until it releases easily.
- Choose the right tool. After adding liquid to the pan to deglaze, use a wooden spoon to scrape up all the tasty browned bits.

TRIED AND TESTED

SKILLET

With its classic shape, All-Clad's 12-in. Stainless Steel Skillet is ideal for making omelets, chili, stews or stirfries and excels at browning. Pop it in the oven at up to 500°F to finish up a frittata or crisp the top of a casserole. \$155, allclad.com



cutlets (about Shrimp and 11/4 lbs.); cook in 3 Tbsp. oil 6 min.

or until cooked

once. Transfer

To skillet, add

cutlets to plate.

11/4 lbs. tomatoes,

chopped: 3 cloves

garlic, sliced; and

½ tsp. salt. Cook

Top chicken with

mozzarella balls.

fresh basil. Serve

3 min., stirring

and scraping.

tomato sauce:

8 oz. fresh

halved; and

with roasted

SERVES 4 ABOUT

PROTEIN, 12 G CARBS,

28 G FAT (10 G SAT),

4 G FIBER, 570 MG

475 CALS, 45 G

SODIUM.

broccolini.

through, turning

Cook 11/2 lbs. shelled, deveined **shrimp** in 2 Tbsp. oil 3 min. or until cooked through. turning once. Transfer shrimp to plate. To skillet, add 2 med. zucchini, sliced; 4 cloves garlic, chopped; and 4 Tbsp. butter. Cook 3 min. Add 3/4 c. white wine and 1/8 tsp. salt; cook 2 min., stirring and scraping. Toss vegetables with shrimp; 1 lb. linguine, cooked; 1/4 c. pasta cooking water; 2 tsp. grated lemon peel; and

SERVES 6 ABOUT 485 CALS, 27 G PROTEIN, 61 G CARBS, 15 G FAT (6 G SAT), 3 G FIBER, 860 MG SODIUM.

chopped parsley.



=Lane Introducing the **NEW** Valor ™Recliner All-Pro Defensive End United States Army SGT John Ricketts

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with Mustard-**Apricot Sauce** Cook 4 bone-in pork chops (1 in. thick) in 1 Tbsp. oil 10 to 12 min. or until cooked through

(145°F), turning once. Transfer pork to plate. To skillet, add ½ c. lowersodium broth,

1/4 c. apricot jam, 3 Tbsp. grainy mustard and ½ tsp. pepper. Cook 3 min., stirring and scraping. Top pork with mustard sauce. Serve with wild rice and steamed green beans.

SERVES 4 ABOUT 500 CALS, 34 G PROTEIN. 40 G CARBS. 24 G FAT (7 G SAT), 5 G FIBER, 405 MG SODIUM.

HOW TO: Cook With Foil

- Use an 18" by 12" sheet of tinfoil for each packet.
- Seal in the flavor. Fold foil around food and tightly crimp the edges so steam and juices can't escape.
- Transport packets easily. Place on Ig. cookie sheet to move them to and from the grill or into and out of the oven.
- · Grill or bake. The cooking time's the same! Set the oven at 425°F, or plop the foil packets on a med. grill.
- · Unwrap carefully. The steam inside will be hot, hot, hot!



Spicy Grilled Salmon

Place 4 fillets salmon (6 oz. each) in centers of 4 foil sheets. Brush each with 1 Tbsp. hoisin sauce; sprinkle each with 1/8 tsp. crushed red pepper. Toss 1½ lbs. cauliflower florets with 1 Tbsp. oil and 1/4 tsp. salt; arrange around each fillet. Seal packets: cook 15 min. or until cauliflower is tender. Garnish with 1/4 c. chopped peanuts and chopped cilantro.

SERVES 4 ABOUT 410 CALS, 43 G PROTEIN, 18 G CARBS, 19 G FAT (3 G SAT), 5 G FIBER, 535 MG SODIUM.



Oktoberfest Feast

Toss 12 oz. kielbasa, sliced: 11/3 c. sauerkraut: 1 sm. red onion, cut into wedges; 1 apple, cored and sliced: and 2 tsp. caraway seeds. Divide among 4 foil sheets; pour ¼ c. **beer** over each. Seal packets; cook 15 min. Serve with rye toast and spicy mustard.

SERVES 4 ABOUT 235 CALS, 15 G PROTEIN, 13 G CARBS, 15 G FAT (6 G SAT), 3 G FIBER, 985 MG SODIUM.





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Lemon-Rosemary Chicken and Potatoes On each of 4 foil sheets, arrange 1 thinly sliced med. red potato,

> 1 lg. skinless, boneless chicken thigh. Drizzle each with 1 Tbsp. melted butter; season each with ½ tsp. each salt and pepper. Top each with lemon slices and 1 Tbsp. fresh rosemary. Seal packets. Cook 30 min. or until potatoes are tender.

overlapping slightly; pinch salt; and

SERVES 4 ABOUT 370 CALS, 21 G PROTEIN, 36 G CARBS, 16 G FAT (8 G SAT), 4 G FIBER, 925 MG SODIUM.



1 c. shredded

cheese: 1 la. egg:

and ¼ tsp. salt. In

slow cooker bowl.

layer 1 jar (32 oz.)

marinara sauce,

no-boil lasagna

ricotta mixture,

starting and end-

ing with marinara

sauce and break-

ing noodles to

fit. Top with 1 c.

shredded moz-

or until noodles

SERVES 8 ABOUT

PROTEIN, 37 G CARBS,

14 G FAT (7 G SAT), 4 G

355 CALS, 20 G

are tender.

zarella. Cover and

cook on Low 4 hrs.

1 box (9 oz.)

noodles and

mozzarella

ном то:

Slow Cook

• Ease cleanup.

Before cooking, spritz the slow cooker bowl with nonstick spray.

• Don't peek!
Keep the lid on until
near the end of
cooking. Even a quick
look will increase

cooking time.

TRIED AND TESTED

SLOW COOKER

The Ninja 3-in-1 Cooking System MC700 excels at slow cooking and can substitute as an electric skillet or a countertop roaster. Big plus: You can program it to go into the "keep warm" setting automatically.



From Our Kitchen Appliances Lab

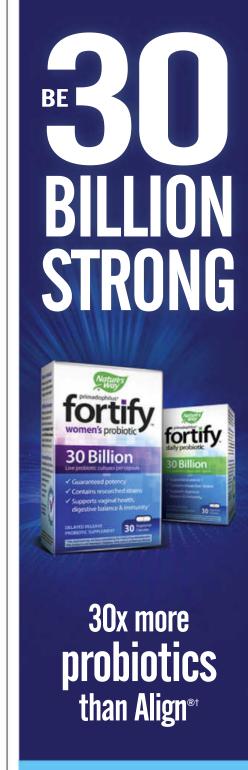
SHOPPING TIP

Pick a cooker that automatically kicks into "keep warm" mode so it won't overcook dinner if you're running late.

Korean Pork Lettuce Wraps

Whisk 1/4 c. miso, 1/4 c. soy sauce, 3 Tbsp. gochujang pepper paste or Sriracha, 1 Tbsp. toasted sesame oil and 1 tsp. pepper. In slow cooker bowl. combine 1 boneless pork shoulder (about 4 lbs.), trimmed of excess fat and quartered, with soy mixture (marinate in refrigerator overnight if desired). Cover and cook on High 6 to 7 hrs. or on Low 8 to 10 hrs. until pork is tender. Shred pork and serve with lettuce leaves, radishes, onions and additional gochujang

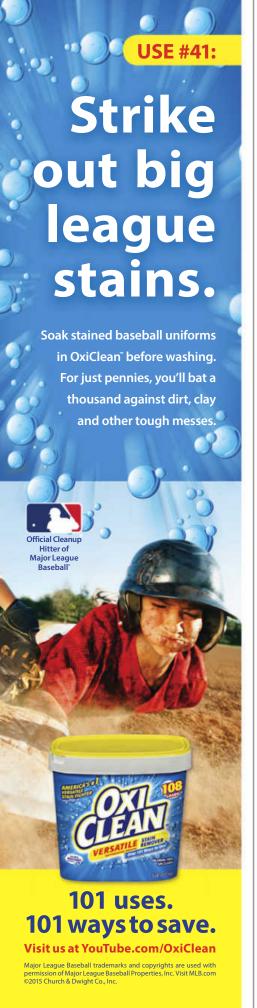




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†Per serving. Align is a registered

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Tex-Mex **Beef Sammies**

Rub 1 tied boneless beef chuck roast (3 lbs.) with 1/4 c. **BBQ** rub seasoning and ½ tsp. salt: add to slow cooker bowl and top with 1 can (4 oz.) chopped green chiles. Cover; cook on Low 8 to 10 hrs. or until tender. Combine ½ c. light mayonnaise; 3 green onions,

chopped; and 2 Tbsp. lime juice. Discard strings from beef. Slice; serve on sandwich rolls with **lettuce** and lime mavo.

SERVES 12 ABOUT 425 CALS, 31 G PROTEIN, 22 G CARBS. 23 G FAT (8 G SAT), 1 G FIBER, 635 MG SODIUM.

HOW TO: **Dressings**

Any clean jar with a tight-fitting lid will do the job.

· Store extras. They'll keep in your fridge for up to three weeks.

Shallot Vinaigrette

Shake 3/3 c. extra virgin olive oil; $\frac{1}{4}$ c. grainy mustard; 1/4 c. red wine vinegar; ½ c. lemon juice; 1 med. shallot, finely chopped; 1 tsp. sugar; and salt and pepper to taste.

MAKES 11/4 CUPS EACH 1-TBSP. SERVING ABOUT 70 CALS, 1 G CARBS, 8 G FAT (1 G SAT), 65 MG SODIUM.

Niçoise Salad

Drizzle shallot vinaigrette over olive oil-packed tuna. drained and broken up; oil-cured olives; quartered hardcooked eggs; halved cherry tomatoes; and mixed greens.

Ginger Dijon Vinaigrette

Shake ½ c. toasted sesame oil, ½ c. rice vinegar, ½ c. Dijon mustard, 1 tsp. grated peeled fresh ginger and salt and **pepper** to taste.

MAKES 11/3 CUPS EACH 1-TBSP. SERVING ABOUT 55 CALS, 2 G CARBS, 5 G FAT (1 G SAT), 120 MG SODIUM.

Gingery Steak and Corn Salad

Drizzle ginger vinaigrette over sliced grilled **steak**, mixed baby kale, sliced cucumbers and fresh corn kernels.

Creamy Balsamic Dressing

Shake 1 c. mayo; ½ c. balsamic vinegar; 1/4 c. olive oil; 2 cloves garlic, pressed: and salt and pepper to taste.

MAKES 11/2 CUPS EACH 1-TBSP. SERVING ABOUT 90 CALS. 1 G CARBS. 10 G FAT (1 G SAT), 85 MG SODIUM.

Sweet 'n' Tangy Pasta Salad

Toss balsamic dressing with slightly cooled cooked rotini; thinly sliced red pepper; arugula; and rinsed, drained cannellini beans.



Shake Up

· No mason jar?



Grape Tomato, Olive & Feta Salad

In med. bowl. combine 4 c. grape tomatoes, halved; 1/4 c. sliced pitted green olives: 1/3 c. crumbled feta cheese: 1 Tbsp. sherry vinegar and 1 Tbsp. olive oil. Season to taste with salt and pepper; garnish with basil.

SERVES 4 ABOUT 100 CALS, 3 G PROTEIN. 7 G CARBS. 8 G FAT (3 G SAT). 2 G FIBER, 240 MG SODIUM.

Sesame, **Cucumber & Radish Salad**

Finely chop 1 English (seedless) cucumber and slice 3 lg. radishes: toss with 1 Tbsp. lime juice, 2 tsp. toasted sesame oil and 2 Tbsp. black and white sesame seeds. Season to taste with salt and pepper.

SERVES 4 ABOUT 55 CALS. 2 G PROTEIN. 3 G CARBS, 5 G FAT (1 G SAT), 2 G FIBER. 295 MG SODIUM.

Preheat grill on

med.-high. Grill 4 ears corn, husked, 10 min., turning occasionally. Remove from grill, let cool. Cut kernels off into lg. bowl; toss with 2 c. cooked farro, 2 thinly sliced green onions, 3 Tbsp. **lemon** juice and 1½ Tbsp. olive oil. Season to taste with salt and pepper.

SERVES 4 ABOUT 305 CALS, 10 G PROTEIN, 55 G CARBS, 8 G FAT (1 G SAT), 7 G FIBER, 310 MG SODIUM.





Bento Box Lunches, page 113

Green Onion Yogurt Dip

Cook 1 bunch green onions, thinly sliced, and 1 clove garlic, chopped, in 2 tsp. oil on med. until brown; let cool. Puree onion mixture with 11/2 c. nonfat Greek yogurt, ½ c. reduced-fat mayonnaise, 1 Tbsp. lemon juice, ¼ tsp. sweet paprika and 1/4 tsp. salt. Refrigerate until cold or up to 3 days. Serve with veggies or pretzels.

MAKES ABOUT 2 CUPS EACH 1/4 CUP ABOUT 65 CALS, 4 G PROTEIN, 5 G CARBS, 3 G FAT (1 G SAT), 1 G FIBER, 220 MG SODIUM.

Sweet & Savory Snack Mix

In sm. saucepan, melt 4 Tbsp. butter, 3 Tbsp. honey, 3 Tbsp. soy sauce and 2 tsp. grated lime peel on med. Combine 4 c. unsweetened shredded wheat squares; 2 c. wholegrain crackers, broken up; 1 c. roasted salted edamame: and 1 c. roasted salted cashews. Drizzle with butter mixture; toss well. Transfer to 2 lg. rimmed baking sheets. Bake in 275°F oven 30 min., stirring and rotating pans halfway through. Cool completely. Can be stored in airtight container up to 3 weeks.

MAKES ABOUT 7 CUPS EACH ½ CUP ABOUT 235 CALS, 9 G PROTEIN, 27 G CARBS, 12 G FAT (4 G SAT) 5 G FIBER 335 MG SODIUM.



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BONUS RECIPE

Fresh Fruit Crumble

Keep a bag of this goes-witheverything crumb topping in your freezer and sprinkle it on whatever fruit's in season, chopped and tossed with a little sugar. (We love it over peaches, plums, mixed berries. apples or pears.) Bake at 375°F for 45 min. or until fruit is soft and bubbly: serve with a scoop of vanilla ice cream or whipped cream.

ALLER / IP Smooth

Every Mattress Needs Protection*

Magical Fairy Dust Crumb Topping

In mixer, mix 2 c. all-purpose flour. 1 c. old-fashioned oats, 1 c. packed brown sugar, 1 tsp. finely grated lemon peel, 3/4 tsp. apple pie spice and ½ tsp. salt until combined. Add 10 Tbsp. butter, cut up; beat until coarse crumbs form. With fingers, squeeze to form lg. chunks. Transfer to resealable plastic bag; freeze for up to 2 months.

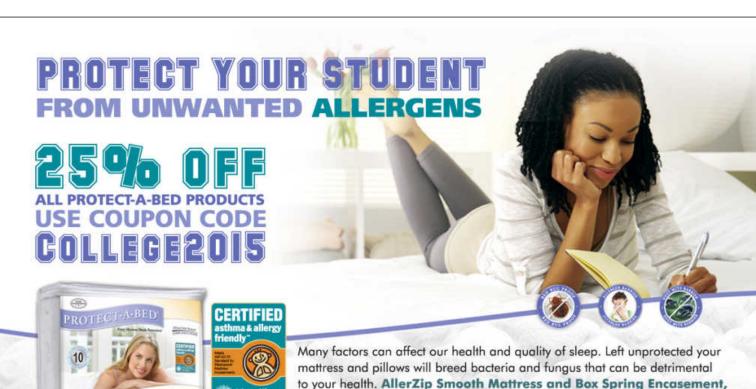


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for your mattress or pillow.



Tyra Banks's Family Recipe,* page 122

Great-Grannie's Old-Fashioned Coffee Cake

Preheat oven to 350°F. In Ig. bowl, mix 4 c. all-purpose flour, 2 c. packed brown sugar, 1 c. granulated sugar, 1½ tsp. salt and 1 tsp. **nutmeg** until no

lumps remain. Stir in 11/4 c. vegetable

1½ c. mixture for topping; set aside. lg. bowl, stir 2 tsp.

1 tsp. baking soda, 3 lg. eggs and 1½ c. buttermilk. Add 2 tsp.

cinnamon to topping. Spread batter in greased 13" by 9" pan: sprinkle with topping. Bake 45 min., until toothpick inserted in center comes out clean.

*As adapted by the Good Housekeeping Test Kitchen

ENTER FOR A CHANCE TO WIN OUR WEEKNIGHT EASY COOKBOOK (page 90)

No purchase necessary to enter or win. Family Dinner Conversation Contest sponsored by Hearst Communications, Inc. Beginning August 15, 2015, at 12:01 A.M. (ET) through September 15, 2015, at 11:59 P.M. (ET), on a computer or wireless device, e-mail (in 100 words or less) the way you get your dinner conversation started to food@goodhousekeeping.com. Please read the official rules at goodhousekeeping.com/septfamily. Five winners will receive a Weeknight Easy cookbook (ARV: \$24.95; total ARV: \$124.75). Important notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. Open to residents who have reached the age of majority and are a legal resident of the 50 United States, the District of Columbia or Canada (excluding Quebec). Void in Puerto Rico and where prohibited by law. Contest is subject to complete official rules available at goodhousekeeping.com/septfamily.

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SEPTEMBER SWEEPSTAKES

PACKIT CARRYALL LUNCH **BAG** (page 114)

WEIGHT WATCHERS BY **CONAIR BODY ANALYSIS** SCALE (page 84)

SILPADA "DAKOTA" HANDBAG (flip side page 37)

SEPTEMBER BEAUTY LOOT (flip side page 22)

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respectively, on a computer or wireless device and complete the entry form. Important notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. Odds of winning will depend upon the total number of eligible entries received. Open to residents who are the age of majority or older and a legal resident of the U.S., DC or Canada (except Quebec). Void in Puerto Rico and where prohibited by law. Subject to official rules at goodhousekeeping.com /septlunchbag, goodhouse keeping.com/septscale, goodhousekeeping.com

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BACK TO SCHOOL (and play)



Get Ready for the Season with Johnson & Johnson Consumer Companies, Inc.

The kids may be heading back to class, but that doesn't mean the fun stops. Help your children stay healthy by balancing their busy schedules and homework with plenty of time to play. And make sure to keep first aid supplies on hand so the occasional bump, bruise or scrape won't get in the way of these great ways to get outside.

CHALK IT UP

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critical thinking,

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GH

#GHSealofCute

GOODHOUSEKEEPING



"You say 'furball' like it's a bad thing."

WRITINGTRACY

YOUR PIC HERE! Tag your pet's ridiculously adorable moments with **#GHSealofCute** on Instagram, Facebook or Twitter, and a photo of your fluffy or feathered (or even finny!) friend could appear in a future issue of *Good Housekeeping*!





BE A DOG WHISPERER

The way to a pup's heart could be through his owner, finds new research in the journal *Animal Behaviour*. When dogs were offered treats from two strangers, one who was mean to their owner and another who was helpful, they much more often went to the kind one—because, **like humans, dogs sense and act on emotional cues,** explains study author Kazuo Fujita. Next time you want to pet a pooch, befriend the owner first. You'll stay on Fido's good side—and out of the doghouse.

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COOL FOR SChOOL

The time for books, buses and ridiculously heavy backpacks is almost here!

Not ready? GH has exactly what you need to get excited: yummy lunch ideas, savvy parenting tips and, natch, supercute supplies

BY CORY STIEG







ALMOND JOY

Worried your almond butter might have traces of peanut? Barney Butter is made in a peanut-free facility. \$9 for 10-oz. jar, barneybutter.com

LUNCH HACKS

Sneaky ways to make it more enticing

DIVIDE & CONQUER

Create a baby bento box by filling silicone baking cups (\$10 for 12, wilton .com) with finger foods and arranging them in a plastic storage container.

☐ SHAPE UP

Tiny cutters (try the Small Cookie Cutter Set, \$10, williams-sonoma.com) turn cheese and veggies into fun-size treats. (You can also get precut cheese; try Horizon Organic Shapes Colby Cheese, \$5, Target.)

☐ PICK UP STICKS

Slide coffee stirrers through sandwich pieces, cheese and fruit to make kabobs.

☐ SLAM DUNK

Let kids dip veggies — it may be the only way to get 'em in their mouths.

CUCKOO FOR COCONUT

Dried-coconut chips are a sweet and crunchy source of fiber. Dang Toasted Coconut Chips, \$28.50 for twelve 1.43-oz. bags, amazon.com





From Our Kitchen Appliances Lab

brown-bag it

Pencils down! The test is over, and the results are in. Our experts assessed 28 containers to see which ones kept food cold (or hot), never stained and opened quickest. And the A+ goes to...

BEST OF THE TEST

Thanks to a freezable gel liner, the flexible PackIt Carryall was the only candidate to stav below 40°F (a safety benchmark) for five and a half hours. The interior accommodates two large containers and a full-size water bottle. and the outer pockets are perfect for utensils and nonperishable snacks. Comes with a long strap for easy carrying. In five patterns. \$20, packit.com



HONOR POLL



MESSPROOF

This retro-cute carrier was one of the only candidates that didn't leak! It also passed the grape juice splatter test with barely any stains. In 25 patterns.

Pottery Barn Kids Mackenzie Retro, \$23, potterybarnkids.com



MOST KID APPEAL

This durable R2-D2 look-alike is so cool (it makes noise and lights up!) that your kid wouldn't dare leave it on the bus. The top zips open so you can pack and clean the interior without using the (Mom) Force.

Thermos Star Wars R2D2 Novelty Lunch Kit, \$16



SOUPER DUPER

Pad Thai, chicken soup, oatmeal...hot meals stay toasty for four-plus hours in this stainless steel jar. Also, the plastic lid twists easily—a help for precious little hands with precious little grip strength. In five colors.

ZoLi Dine Vacuum Insulated Food Jar, \$25, zoli-inc.com



how to

PLEASE A PICKY EATER

Is your kid on the "packaged junk only" diet? Create a healthy lunch with these ready-to-eat snacks selected by GH Nutrition Director Jaclyn London, R.D.



HANDY HUMMUS

This chips-andhummus combo delivers protein and fiber in a fun round can. Take that, sandwich! *Tribe to Go Hummus & Pita Chips, \$2*



CHIP SWITCH

If lettuce and potato chips had a baby, it would taste like this light, crunchy seaweed favorite. Seasnax, \$2 for .18-oz. bag



COLD "PIZZA"

One piece of string cheese provides 8 g of protein; add ½ c. cherry tomatoes (not in the package—sorry!) for vitamin C. Sargento Natural String Cheese Snacks, \$4 for 12



NUT-FREE NOSH

Kids inhale these pumpkin seeds roasted in delectable maple syrup. Maple Sugar and Sea Salt SuperSeedz 1-oz. Pack, \$2



GO BANANAS

Nothing but dried organic bananas with a chewy, almost taffylike texture — in this bag. Barnana, \$2.50 per 1.4-oz. pack



BYO BEVERAGE If your kid likes her drinks hot (mmm, cocoa!) or cold (got milk?!), rejoice: The **Thermos Funtainer** is Lab-approved for both. *\$16*, *shopthermos.com*







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Enjoy Welch's® Fruit Snacks as part of a balanced diet, including fruits, vegetables, dairy, grains and proteins.







CAFETERIA CHAOS

Trading, teasing, traumatic table assignments—lunchtime is a smorgasbord of tricky scenarios.

We take on three biggies

BY JENNIFER KING LINDLEY

SWAPPING GONE WILD

The school called. Your kid has been trading his apple for cookies.

In this age of allergies, many schools have banned trading—but that can be difficult to police in a busy cafeteria. And if you've ever begged for some of a friend's dessert, can you blame kids? So start by asking him why he's doing it. If he's trying to nab treats that are contraband at home, it's OK to ease up on the nutrition a bit. Packing some junk once in a while will help the desired items lose their allure. Children also trade because they want to feel like part of the group—walking into the cafeteria with food to barter gives them social capital. If that's why your kid

is forfeiting his fruit, go on and help him be a power player. Get him involved in packing lunch, and tell him you want him to eat the fuel you packed, but also tuck in a bag designated for sharing (if allowed).

THE ANTI-SOCIAL HOUR

Your child is stuck at an assigned table away from her friends. It's like being at a terrible wedding five days a week.

The school probably has assigned seating for good reasons: to make a too-brief lunch period more efficient, to prevent shy kids from sitting alone, to discourage arguments about who gets to sit next to whom. Rather than immediately requesting a reshuffling, coach your child on conversational skills he can use to break into

the group. Two easy ways in: a sincere compliment ("I really like your T-shirt") and an offer of kindness ("I'm getting more napkins. Anyone need some?"). Dissuade your child from reading. Taking out a book says, You guys are boring. I want nothing to do with you.

SCATHING FOOD CRITICSKids have been telling your son his lunches are "gross," and he's hurt.

To sensitive youngsters, such comments, while usually more thoughtless than mean-spirited, can be brutal. In response, a kid might snap her lunch box shut or toss the offending food in the trash, and what should be a time to recharge instead becomes a time of anxiety. The fix: Consider options that might attract less notice (no strong smells, for instance) but still work within your family's diet. In the meantime, arm your child with some ready retorts, and role-play together at family dinner: "Thanks for noticing-I guess I'm lucky!"; "What's important is that *I* like it." Bolder kids might use the chance to educate tablemates: "This is called dal. It's made out of lentils." If your child's diet gets jabs because it's unfamiliar to others, find out if you can hold a sushi-making class or bring in bulgogi.

OUR EXPERTS:

- School psychologist Rebecca Branstetter, Ph.D., author of the *Notes From the School Psychologist* blog
- Psychologist Eileen Kennedy-Moore, Ph.D., coauthor of *Smart Parenting for Smart Kids*
- Pediatric psychologist Lynne Kenney, Psy.D., coauthor of *Bloom: 50 Things to Say, Think and Do with Anxious, Angry and Over-the-Top Kids*
- Childhood feeding specialist Katja Rowell, M.D., coauthor of *Helping Your Child With* Extreme Picky Eating







Include a handwritten clue each day to remind your munchkin that the weekend (and fun time!) is coming soon.





Toss in these **napkins**, which feature the ultimate kiddie convo starter: veggie jokes. \$6 for 20, georgieporgie kids.com

GOOD TO GO

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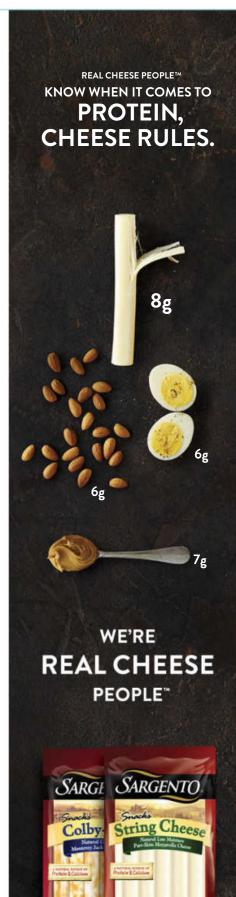
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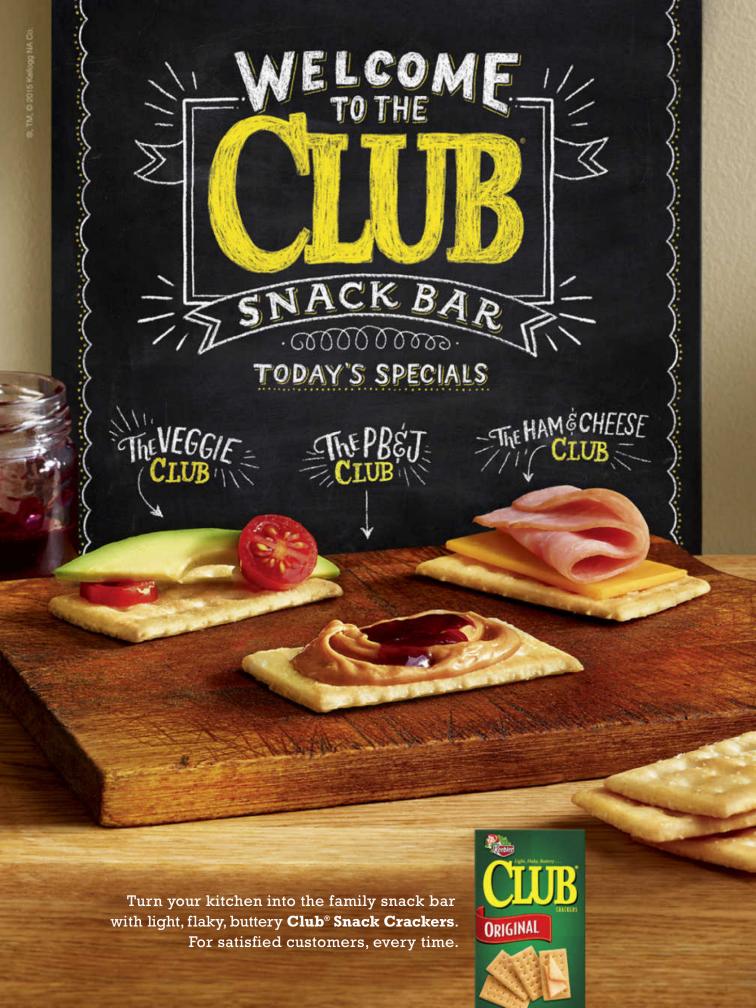


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AZEK.com





BE A CLASS ACT

Earn a gold star when you buy these first-day goods that also do good



TAKE NOTE

Neon pencils, erasers and pads brighten up those looong days. And for each one you get from Yoobi, an item is given to a kid in a classroom in need. Yoobi supplies, most under \$10, target.com



LITERARY LUGGER

This canvas tote comes printed with one of more than 20 different book themes and covers, from Nancy Drew to Animal Farm. Buy one, and the brand will donate a read to Books for Africa. \$18. outofprintclothing.com



PACK LEADER

State's Kane backpack is an organizer's dream: Its main zippered compartment has seven demarcated sections, including one for an iPad. Plus, each purchase funds a bag stocked with paper, pens and folders for another American kid. \$55, nordstrom.com



CRITTER COOLER

MAURIC

This bag takes a bite out of food scarcity. A buck for each one purchased goes to No Kid Hungry. 15 critters available. LunchPal, \$17, stephenioseph gifts.com

THE BIG PEN

designed this Swiss Army Knife of school supplies: It has an all-in-one pencil case. a highlighter, a pencil sharpener and a coin purse (good for a USB drive, too). And its bottom is a ginormous eraser. \$9, staples.com





with TYRA BANKS

She's the supermodel-turnedmogul who created (and executiveproduced) the hit reality series America's Next Top Model, and now she has her own beauty line, Tyra Beauty. Next up? The queen of fierce hosts a panel of lifestyle experts on her new talk show, FABLife, coming to ABC September 14.

YOU'LL ALWAYS FIND

Kale & BBQ Jauce

FAVORITE FAMILY RECIPE:

my great Grannie's

YUMI Get Gran's recipe on page 105! coffee cake

I'D DO ANYTHING TO AVOID: taking out the travh

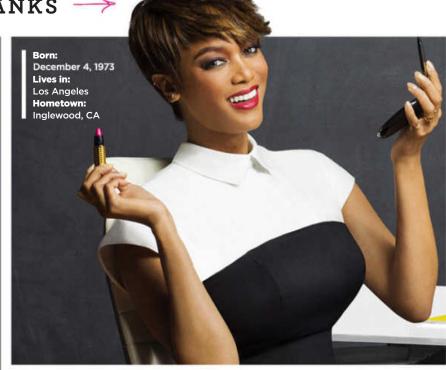
Elbow Grease

I JUST GOT A GREAT DEAL ON

car insurance. (Not really I just like how that sounds.)

actually flowing & tongue scraping daily

saying "actually" too much



lotsa strong bras to

hold up my bodacious boobles.

HOUR TODAY, I WOULD:

take a nap and hopefully dream I was at Dineyland.

Wer

I'm 14% British, 6% native american, 1% Finnish & all the next african is

eating icecream and "saying" I'm gonna work out (I'm not fit. my booty juggles even when I'm.
not moving.)

"you say I can't Watch me ///"

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Here's the really good stuff, worth every pretty penny. Not only do we tell you what's now, we show you exactly how to

look of-the-moment gorgeous!





BURGUNDY LIPS

HERE'S HOW: Kiss up to this "more modern" rich red in an easy-to-use light tint or liquid or a high-impact lipstick, paired with just mascara and blush for balance. "It's sophisticated and flattering on all skin tones," says Chanel celebrity makeup artist Fulvia Farolfi.



BEST LIPS

SHEER

It looks dark, but this lipstick "goes on like tinted balm" and feels "buttery," the Beauty Lab reports.

Lipstick Queen Bête Noire in Possessed Sheer. \$40, spacenk.com

LIQUID

The "very pigmented" cream formula "spreads well and stays put." NYX Liquid Suede Cream Lipstick (here in Cherry Skies), \$7, nyxcosmetics.com

MATTE

This "blendable" crayon "goes on nicely" for a matte finish with a fresh mint scent. Tarte LipSurgence Matte Lip Tint (at left in Tempted), \$24, tarte.com

PENCIL

For color that "stays on throughout the day," line and fill in lips, then top with clear balm. MAC Cosmetics Vamplify Pro Longwear Lip Pencil (shown in Ms. Diva), \$20

TINT

Part lipstick, part balm, it imparts subtle color and softens with shea. Seal holder Neutrogena MoistureSmooth Color Stick (here in Rich Raisin), \$9

BOLD

"Rich," "satin-finish" lipstick that "looks natural rubbed in with a finger," the Lab says. Aveda Nourish-Mint Smoothing Lip Color (shown in Blackberry), \$17, aveda.com

CLASSIC

Full-coverage lipstick with a soft texture that is "not drying." Bobbi Brown Rich Lip Color (at left in Crimson), \$26







BEST EYES

PALETTE

Create a true smoky look with this "absolutely beautiful" Lab-favorite quad. Lilah B. Palette Perfection (shown in B.Fabulous), \$58, lilahbeauty.com

CREAM

Our Lab "loved the twist-up applicator" of this "silky" cream stick (no sharpening!). Boots No7 Stay Perfect Shade and Define Crayon (here in Velvet Truffle), \$10, Target

LINER

Finally, a pencil eyeliner that goes on "very creamy," giving "nice color." Pixi by Petra Endless Silky Eye Pen (at left in SlateGrey), \$12, Target

POWDER

Dust on one layer of this soft shadow for a hazy effect, or build up to two for a deeper look. Bobbi Brown Eye Shadow (shown in Steel), \$24

CRAYON

Slightly sparkly, this brightens eyes when worn on lashlines. CoverGirl Flamed Out Shadow Pencil (here in Silver Flame), \$7

AUBERGINE EYES

Wear burgundy—an iteration of Pantone's color of the year, Marsala—on eyes, too! It looks luxe day or night. HERE'S HOW: Glide shadow along upper lashline, blending up to crease with a brush for a gradated effect, Schlip suggests.

PENCIL

A "smooth" texture lets you line eyes or shade lids fast. Estée Lauder Magic Smoky Powder Shadow Stick (here in Charred Plum), \$22, esteelauder.com



SHADOW

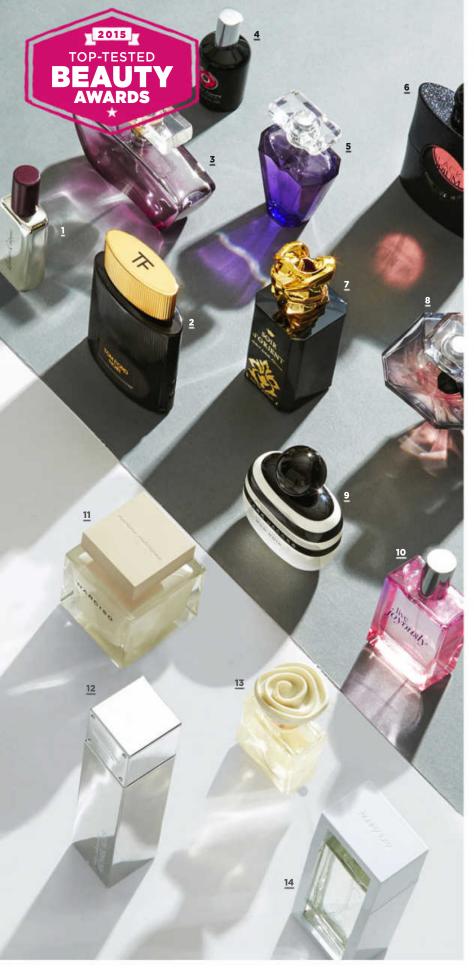
The sheer powder hues diffuse out for a subtle finish. Mary Kay Eye Palette (above in City Sophisticate), \$24, marykay.com



SHADOW

"High-shimmer," yet "velvety" and "blends well," the Lab says. Givenchy Palette Metallic Reflection, \$60, Barneys





what's now + how

DARK+LIGHT SOFNTS

Fragrance has gone to the dark side, focusing on deep base notes like amber, patchouli and wood, says perfume publisher Frédéric Malle. Not so noir? Spritz on one of the new lighter white floral perfumes (think jasmine, lily and gardenia).

BEST DARKS

WOODSY

Like stepping into a cozy library: the scent of soft suede and rare oud wood. Atelier Cologne Oud Saphir Cologne Absolue, \$130, ateliercologne.com (1)

MUSK

Rich patchouli and warm musk, plus a hint of soft jasmine. Philosophy Live Joyously Eau de Parfum, \$56, philosophy.com (10)

SWEET

Sugary vanilla and praline spiked with heady incense. Lancôme La Nuit Trésor Eau de Parfum, \$80, Dillard's (8)

FRUITY

Juicy plum and raspberry softened by powdery violet and sandalwood. Avon Rare Amethyst Eau de Parfum Spray, \$23, avon.com (5)

BEACHY

Coconut water, sea spray and light woods evoke a shore sunset. Near Dusk Jennifer Aniston Eau de Parfum, \$55, Kohl's (3)

SPICY

A stroll in a faraway spice market, bottled. The Body Shop Smoky Poppy Eau de Toilette, \$15, thebodyshop-usa .com (4)

FLORAL

Just-picked gardenia, rounded out by musk. Marc Jacobs Mod Noir Eau de Parfum, \$90, Sephora (9)

CLASSIC

The iconic oriental Opium, modernized with orange blossom and patchouli. YSL Black Opium Eau de Parfum, \$115, yslbeautyus.com (6)

ORIENTAL

An exotic fusion of bitter orange, ginger and amber. Tom Ford Noir Pour Femme, \$165, nordstrom.com (2)

MASCULINE

Share this sexy blend of sandalwood, incense and patchouli with your guy. Sisley Soir d'Orient Eau de Parfum, \$278 (7)

BEST LIGHTS

GLAM

Ladylike white floral (jasmine), fruity (pear) and warm (amber) notes. Michael Kors White Luminous Gold Eau de Parfum, \$100 (12)

MINIMAL

Earthy vetiver and cedar with a splash of gardenia. Narciso Rodriguez Narciso Eau de Parfum, \$113, Bloomingdale's (11)

FRESH

Lighten up with crisp flowers and fruits like angelica and bergamot. Mary Kay Cityscape Eau de Parfum, \$50, marykay.com (14)

FEMININE

A bright bouquet of lily of the valley, iris and rose. Cherished Fragrance by Flower, \$25, Walmart (13)



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SUBTLE

The new mani is barely there. Choose neutrals, like a dusky blush and charcoal, that go with everything (and every skin tone!). **HERE'S HOW:** Paint on a single coat of blush for a sheer look or two coats for a more opaque finish, and save charcoal for short nails, says Global Colour Ambassador for Butter London Katie Jane Hughes.

BEST NAILS

FAST-DRYING "Clean-looking,"

"uniform" coverage that "dries quickly," the Beauty Lab reports. Essie (shown in Worth the Wait), \$9, essie.com

GEL COLOR

Our Lab "loved" the shade, shine and "hint of color." Revlon ColorStay Gel Envy Longwear Nail Enamel (here in Perfect Pair), \$8

SPLURGE

A "true blush" with "nice shine," its color actually "matched the bottle" on nails. Dolce&Gabbana Nail Lacquer (at left in Petal), \$26, Saks Fifth Avenue

SHINE

The glossy finish lasts up to a week, no top coat needed! Seal holder CoverGirl Outlast Stay Brilliant Nail Gloss (shown in Speed of Light), \$5

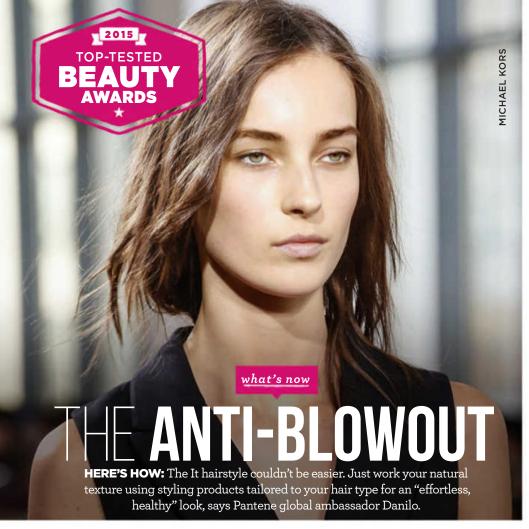
ALL-IN-ONE

Mimic a pro mani with built-in base and top coats plus an easy-touse wide brush. Prabal Gurung for Sally Hansen (here in Concrete Jungle), \$8

SHIMMER

A shot of iridescence lends a luxurious, flattering cast. Jin Soon Nail Lacquer (shown in Cantata), \$18. nordstrom.com





BEST STYLERS



STRAIGHT **TEXTURIZER**

Give limp strands life and movement with this spray, which has a "dry, silky feel" and "soft hold." Garnier Fructis Style De-Constructed Texture Tease Dry Touch Finish Spray, \$4



WAVE **ENHANCER**

"Easily slides through hair," making waves "soft" and "lasting." Tresemmé Runway Make Waves Shine Enhancing Cream, \$7



CURL BOOSTER

This cream/serum hybrid smooths and silkens, leaving curls "touchable," the Beauty Lab reports. Dove Quench Absolute Supreme Crème Serum, \$6



Our expert: Sarah Potempa, Aussie celeb hairstylist

what's now + how MID-WAVE

PREP

Work a dollop of leave-in conditioner (for curly) or mousse (for straight or wavy) into damp strands. **BEST LEAVE-IN:**

Pantene Expert Dry Defy Velvet Crème

Infusion, \$12 **BEST MOUSSE:** Nioxin Bodifying Foam, \$16. nioxin.com

\$35, Ulta

Blowdry hair smooth (straighten roots and ends if needed). Curl two-inch sections away from face, leaving bottom two inches out and stopping at top of ear **BEST CURLER:** Infiniti Pro by Conair 1" to 1/2" Silicone Shine Curling Wand,

Glide a dab of smoothing serum or cream all over.

BEST SERUM: L'Oréal Paris Smooth Intense Frizz Taming Serum (a Seal holder!), \$7 **BEST CREAM:** Suave Professionals Luxe

Style Infusion Smoothing Light Weight Weather Proof Cream. \$5



what's now

FRENCH

Classic goes current with loose pieces and ends, says Nexxus New York Salon Care Global Hair Creative Director Kevin Mancuso. **HERE'S HOW:** Apply root lifter, volumizer or thickener. Gather hair at back center of head and roll in toward head, leaving ends loose. Pin underneath.

BEST STYLERS



ROOT LIFTER

This hair powder boosts updos with "impressive lift and grip." the Lab says. Schwarzkopf Styliste Ultîme Biotin+ Volume & Texture Magic Volume Powder, \$7, Walmart



VOLUMIZER

Spritz this light caffeine and panthenol mist on roots, then massage in for fast fullness. Hair Food Thickening Hair Treatment, \$12, Target



THICKENER

Plump strands by applying this vitamin B₃ treatment daily. Head & Shoulders Full & Strong Advanced Thickening Treatment, \$13

DAYS

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> -Lifestyle & Beauty Blogger Romy from RomyRaves.com







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-Experimental Mommy Blogger Bridgette from TheNotSoBlog.com



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> -Beauty Blogger Lara from TheGlossarie.com

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Physiological Micellar

La Roche-Posay

Solution, \$21, CVS

Cleansing Micellar Water,

\$40, darphin.com



what's now

BROWS

Big brows have officially taken root. **HERE'S HOW:** Slick on the latest enhancers to boost sheen and texture for a "full. youthful" look, says Maribeth Madron, Maybelline New York global brow expert.

BEST BROWS

A clear wax pencil that gives "good hold" for even "curly, unruly and coarse brows." Essence Eyebrow Fixina Pencil, \$2, Ulta

GEL

The applicator brush dispenses tinted gel for "effortless taming" and "perfect color." Dior Diorshow Brow Styler Gel, \$29

POWDER

Get a "natural look" with this "easy-tomaneuver" sponge-tip powder. (Try as eyeliner, too!) CoverGirl Bombshell Pow-der Brow + Liner by LashBlast, \$12

MOUSSE

The Lab loved the "thicker consistency" of this filler, which "grabs hair, not skin." Clinique Just Browsing Brush-On Styling Mousse, \$16

THICKENER

Brush on bigger brows with this tint in a mascaralike wand. It "stayed on" and "made brows seem thicker." L'Oréal Paris Brow Stylist Plumper, \$9



TAMER

Dab a tiny dot on bare brows to shape and add healthy shine. Aquaphor Healing Ointment Mini Jar

(a Seal holder!), \$2

Yon-Ka Paris

yonkausa.com

Eau Micellaire, \$42,



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NO-GLITTER GLOW

You don't need sparkle to shine. **HERE'S HOW:** Makeup pros are dabbing on dewy primers and foundations, shimmer creams and even moisturizers to make skin "no-makeup" radiant, says Benjamin Ruiz, director of global creative artistry for Laura Mercier.

but without sparkle or greasiness," the Beauty Lab says. "Love it!" Shiseido Glow Enhancing Primer SPF 15, \$30, shiseido.com

HIGHLIGHTER (STEAL)

Glide this shimmer cream stick (in hues for fair, medium and deep skin tones) on tops of cheeks, up to temples it "blends well" for a believable luminosity. Flower Glisten Up Highlighter Chubby. \$10, Walmart

HIGHLIGHTER (SPLURGE)

"The perfect pearly highlighter," this cream wand is "easy to apply." Josie Maran Argan Enlightenment Illuminizing Wand, \$28, sephora.com

SALVE

Use the cult classic balm on your face, too! Blend a tiny dab on cheekbones for makeup-free dewiness. Vaseline Lip Therapy Original (a Seal holder!), \$2



LOTION

This lotion's faint pearlescence imparts a flattering "sheen," "evening out" skin. Clinique Turnaround Daytime Revitalizing Moisturizer, \$38



FULL FOUNDATION

Skin gets a "dewy, warm effect" from this buildable, mediumcoverage liquid base. Laura Geller Baked Liquid Radiance Foundation, \$38, Ulta



SHEER **FOUNDATION**

"Good, light-feeling coverage" with a "sunny look and a touch of glow," the Lab says. Guerlain Baby Glow Light-Revealing Sheer Foundation SPF 25, \$54



"Perk up" eyes fast with a slick of this liquid eye gloss with "beautiful shimmer." Giorgio Armani Beauty Eye Tint (here in Rose Ashes), \$38, armanibeauty.com

what's now





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most wanted

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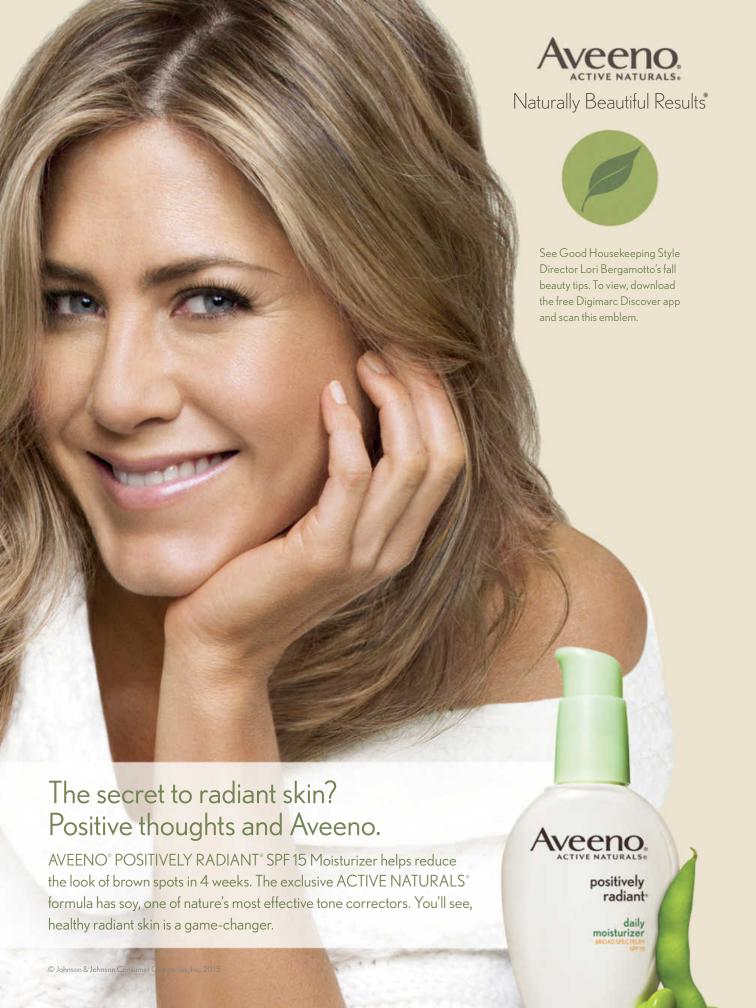


Ivanka Trump, \$275, nordstrom.com

\$195, rebeccaminkoff .com

SR Squared by Sondra Roberts, \$90, irresistibles.com

\$65, urban expressions.net







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PATCHWORK

Choose fabric, leather or denim embellishments. Add sneakers for cool, relaxed weekend style. \$39, joefresh.com



CROPPED WORN HEM

Find a loose pair that hits a few inches above the ankle—add wedges or heels for a casual feminine touch. \$279, closed.com



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FACE FACTS

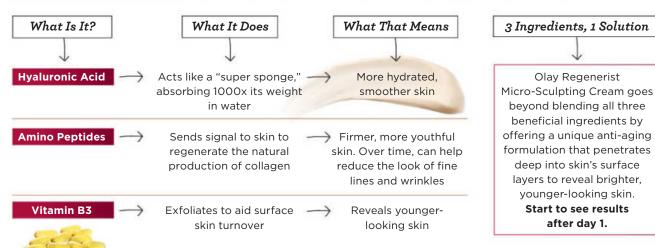
With so many skincare products, how do you know what's worth trying? The beauty experts at the Good Housekeeping Institute have teamed up with **Olay** to give you an inside glimpse at the science behind the beauty.





INGREDIENTS: DECODED

When it comes to turning back the clock on visible signs of aging, the right ingredients matter. Here are three power ingredients you need to know about:





GHI SPOTLIGHT: COOL TOOLS

How do the experts in the GHI Beauty Lab test the effectiveness of anti-aging skincare products? Product testers have their skin analyzed in our VISIA machine, which captures high-quality, standardized facial images and allows for comparison and review. Testers will have their skin analyzed before blind-testing a product or regimen, and again after 4 to 8 weeks to gauge overall improvement.

SEE MORE OF THE SCIENCE BEHIND THE BEAUTY!



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how to MASTER BELLAMY'S

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LIPS NYC New York Color City Proof Twistable Intense Lip Color in Roosevelt Island Red, \$3



CHEEKS Smashbox L.A. Lights Blendable Lip & Cheek Color in Beverly Hills Blush, \$29, smashbox.com



EYES

Physicians Formula Eye Booster Instant Lash Extension Kit, \$15













Bellamy's GUIDE TO SPENSION

The Scandal star takes us on a tour of her hometown. Here, her favorite spots in the beautiful, buzzy North Carolina destination!



EAT LIKE A LOCAL

Avenue M

"A great neighborhood restaurant right around the corner from the house I grew up in; I always stop in when I'm back, because it just feels like home." avenuemavl.com

TAKE A SCENIC DRIVE

Blue Ridge Parkway

"Whether [it's] the melted-crayon canyons of fall foliage, the snow-laced fingers of Craggy Gardens, the blooming rhododendrons around Linville Falls or the endless sky over summer picnics, the Parkway heals me." blueridgeparkway.org



TRY TASTY VEGAN

Plant

"No one is making vegan food as beautiful as these folks are. I've been vegan since 1988, and I recommend [it] to vegans and carnivores alike." plantisfood.com



WANDER DOWNTOWN

Wall Street

"Go window shopping, look at art in the old Woolworth building or people-watch at the drum circle in Pritchard Park near Pack Square. There's no place I love more!" exploreashevillecom.

DRINK UP

Asheville Distilling Company

"Nobody does a better moonshine! Distillery tours are available (a ton of fun) and Highland Brewing Company is right next door, so everybody wins!" asheville distilling.com; highlandbrewing.com

WHERE WE STAYED: Hilton Asheville Biltmore Park

Our editors loved the town-center vibe of this pet-friendly hotel and relished sipping a cocktail in its serene open-air lobby. Surrounded by restaurants and shopping, and boasting a stellar view of the Blue Ridge Mountains, it's just a 20-minute drive from downtown. *hilton.com*



THINGS YOU DIDN'T **KNOW ABOUT BELLAMY**

1. HER REAL NAME IS AMY MARIA YOUNG.

"But when I joined the Screen Actors Guild, there was already an Amy Young. My dad died when I was 15. and then his best friend, Bill, did all the dad stuff for me. 'Bellamy' is a sort of blending of our two names. so it was in honor of him. Everybody at work calls me Bellamy; everybody at home calls me Amy."

2. SHE'S THE NICEST **CELEBRITY** WE KNOW

Our editors couldn't stop gushing about just how kind she was and how many selfies she let fans take with her.

3. SHE'S A LITTLE BIT **COUNTRY**

"I just released an album in May, called Far Away So Close, so that's something I'm proud of. It's on iTunes - it's covers and a humble offering that's very dear to my heart." Far Away So Close, iTunes, \$10





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Laugh your head off! New research shows that the quickest way to bond with a person you've never met before is to get down to funny business. For a study published in the journal *Human Nature*, total strangers were split into three groups to watch a comedy, an instructional golf video or a nature documentary. Afterward, each one wrote down five personal facts and shared them with someone else in his or her group.

Only those who had seen the comedy disclosed truly revealing anecdotes (real example: "I broke my collarbone pole dancing!"), a process that's key to connecting. Laughing releases endorphins that may make people feel more comfortable; the resulting ease likely caused the participants to spill secrets, says lead study author Alan Grey. Good to know, especially if you've got a blind date—or a mommy mixer—on the horizon.



Jaclyn London, M.S., R.D.

GH Nutrition Director

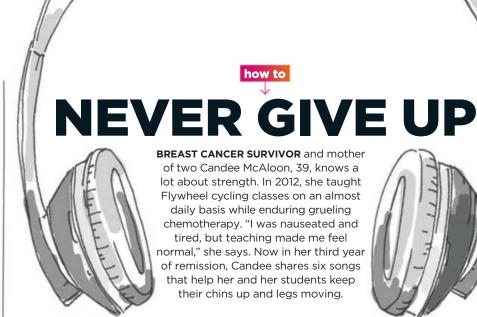
@jaclynlondonRD



BE SMART **ABOUT SOY**

Packed with protein, fiber, iron, magnesium and potassium, the soybean is a nutritional powerhouse. Swapping it for meat can help protect against heart disease, bone loss and some cancers. But to reap the nutritional benefits, you have to get it from whole or largely unprocessed foods like tofu, tempeh, miso, edamame and soy milk. Avoid soy supplements (e.g., pills). Like all soy, they contain estrogenlike compounds called isoflavones—but in very high concentrations. These concentrated doses have been linked to an increased risk of breast cancer. Limit soy-based bars and shakes, too, since many are loaded with added sugar and sodium. Bottom line: No more worrying! It's fine to enjoy good soy every day.

HAVE A QUESTION? E-MAIL ASKJACKIE@ GOODHOUSEKEEPING.COM



BREAST CANCER SURVIVOR and mother of two Candee McAloon, 39, knows a lot about strength. In 2012, she taught Flywheel cycling classes on an almost daily basis while enduring grueling chemotherapy. "I was nauseated and tired, but teaching made me feel normal," she says. Now in her third year of remission, Candee shares six songs that help her and her students keep their chins up and legs moving.



WHEE

CANDEE'S PUMP-UP PLAYLIST Download these tunes before your next run, walk or ride

1. "Dare You" (feat, Matthew Koma) — Hardwell

"The lyrics challenge you to leave your comfort zone. A perfect start!"

2. "Shut Up and Dance" - Walk the Moon

"This song is so happy, you'll forget you're working out and start dancing!"

3. "The Fighter" (feat. Ryan Tedder) -Gym Class Heroes

"My cancer anthem. It's a reminder to fight and push harder."

4. "Blue Sky Action" (feat. Alex Vargas) -Above & Beyond

"The rhythm gets you to start strong and slow, then take off fast."

-30 Seconds to Mars

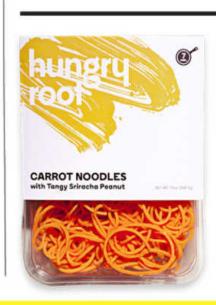
"When you're tired and want to go home, this steady rock anthem gets you through it."

6 "You Give Love a Bad Name"-Bon Jovi

"A personal childhood favorite and total crowdpleaser. Belt it out at the top of your lungs."

If you think you can't, think of her!

Know an inspiring woman? Tell us about her! E-mail thinkofher@goodhousekeeping.com.





DIET LIKE A **Foodie**

You can eat like a gourmet, not cook like one (huzzah!) and maybe even lose weight. Just order meals from Hungryroot, a new prepared-food service from Top Chef Masters' Franklin Becker. Each dinner is 500 calories or less and comes with spiralized veggie noodles, a premade sauce (Tangy Sriracha Peanut? Yes, please!) and mix-ins like sesame seeds and pickled sweet peppers. Throw it all into a skillet for seven minutes, and voilà: Supper for one is served. \$10 to \$12 per meal, hungryroot.com

HOW TO **FEEL LIGHTER**

Let go of a grudge. After volunteers in a study wrote about a time they granted someone forgiveness, they were able to jump seven centimeters higher than participants who mulled over lingering resentment. Talk about taking a load off.*

Harnik (illustration); CHRIS ECKERT (Jaclyn)



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BURN 400 CALORIES

Take a hike! A walk in the wilderness improves your mood and zaps a ton of cals while toning your butt and thighs. Rocky Mountain National Park's Kyle Patterson shares her expertise

GO EARLY

Head out - with at least one pal-by 8 A.M. so you'll have enough daylight to finish your hike (allowing an extra two hours for delays). The earlier you start, the more you can pause to

PICK A PATH

Stick to sanctioned trails; don't just wander into the woods by your house. Scope out options at nps.gov, and read reviews from fellow hikers with the app

START SMALL

A flat six-mile trail — with an elevation gain of about 60 feet — is ideal for beginners in good health. (Elevation gains above 700 feet are considered very challenging.)

TELL PEOPLE

Since you can't bank on cell service if you get lost, text a pal before you go. Let her know where you're headed and what time you plan to be home.

GET THE GEAR

You'll need food (e.g., protein bars and a light lunch), water (nine cups per person for eight hours) and, yes, stuff. The essentials:

- 1. Let this supremely soft rain shell keep you dry in wet weather. Stretch Ozonic Jacket, \$200. mountainhardwear.com
- 2. This tiny headlamp shines light 100 feet ahead - useful if vour day hike turns into a night crawl. Princeton Tec Byte, \$20, princetontec.com
- 3. No ordinary day pack, this model has loops for poles and a sleeve for H₂O. Osprey Tempest 9, \$90, rei.com
- 4. All hail this touch-button water bottle, which lets you drink without putting muddy fingers on its spout and is tried and tested by the GH Institute. Addison Bottle, \$15, gocontigo.com
- 5. Any pair of wool socks will prevent chafing, but these also have a lifetime warranty. Hike/Trek Boot Socks, \$20, darntough.com
- 6. With two zips, these pants turn into shorts. Saturday Trail II Stretch Convertible Pant, \$65, columbia.com
- 7. Aluminum trekking poles make each step less arduous. Traverse Shocklight Trekking Poles, \$90, rei.com
- 8. Thanks to their 1.5-inch soles, Keen's waterproof boots stand firm on slippery rocks. Durand Mid WP. \$180. keenfootwear.com



Specialty recipes for your pets, without a special trip.



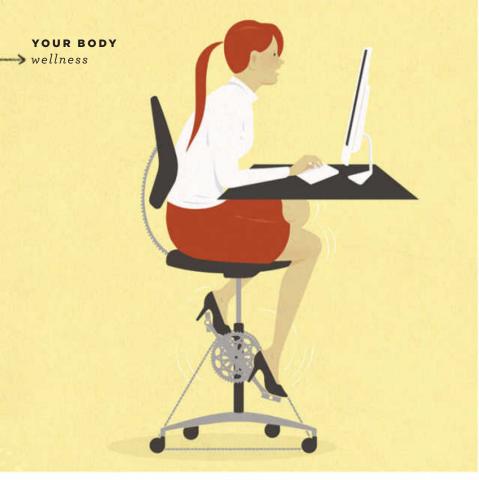
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how to

MAKE OVER YOUR

WORK LIFE

It may sound bonkers, but a day at the office can actually be a lot like a day at a wellness center—if you follow this expert advice

BY LISA WHITMORE

FIT IN FITNESS

MOVE FOR 2 MINUTES. Not only can sitting all day typing away at a keyboard give you that dreaded "office tush," but new research shows it may also take years off your life. Yikes! On the bright side, there's an easy solution: getting up and walking around for two minutes every hour. A recent analysis in the Clinical Journal of the American Society of Nephrology suggests that these tiny snippets of activity are linked to longer life spans.

SIT SPARINGLY. Another upside to taking a stand: Using a workstation that allows you to sit and stand may improve mood and decrease stress. Plus, a study (albeit one on kids) from Texas A&M Health Science Center found that a standing desk upped participants' ability to pay attention to the task at hand by 12%. (Turn the page for GH's desk picks.)

GET BUFF AT LUNCH. If waking up at dawn to exercise is as appealing as a hangover, sneak in a workout that's only slightly sweaty on your lunch hour. Try a 20-minute circuit (find ideas at goodhousekeeping.com/just3moves); it leaves you time to enjoy your sandwich instead of scarfing it down. No gym nearby? Stow sneakers under your desk and go for a quick power walk.

EXERCISE YOUR ATTITUDE

HANG WITH PEPPY PEOPLE.

Take a trip to your favorite colleague's cubicle, and avoid those whiny coworkers who gab in the break room. If you spend time with folks who are sunny, you may see the glass as half-full, too, suggests research in the journal *The BMJ*.

REBOOT WITH ESPRESSO

BREATHS. Try this easy variation on Bhastrika, a breathing exercise yogis say perks you up faster than a Starbucks run. You can do it at your desk (let 'em gawk!), in a bathroom stall or in your car. First, let your arms hang by your sides, with hands in loose fists. Then breathe in through your nose as you bring your arms straight up over your head, opening your hands so your palms are flat. Finally, exhale as you bend your arms, bringing your hands now in loose fists—to shoulder level. Repeat 15 times. Feel energized!

RECAP WITH A SMILE. Before you leave for the day, write down all the things you did in the past eight hours that felt right or made you grateful. You'll walk out the door with a sense of accomplishment, freeing your mind to focus on your personal life rather than harp on mistakes. Plus, "making the decision to focus on feel-good tasks gives you an enormous amount of energy to do them," says Jacob Teitelbaum, M.D., author of From Fatigued to Fantastic!

BOOST YOUR PRODUCTIVITY

IGNORE YOUR E-MAIL.

And get a lot more done. A survey of nearly a thousand managers in the United States and the United Kingdom showed that computer busywork particularly e-mail checking—wasted an average of 15 hours a week. So disable those notifications and put a few halfhour "reply sessions" on your calendar.

BRAINSTORM DURING THE

2 P.M. SLUMP. People perform better on creative tasks when they're a little tired rather than wide awake. Fuzzy focus lowers your inhibitions, which makes it easier to think outside the box, say researchers at Albion College and Michigan State University.



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> wellness





TRANSFORM YOUR OFFICE

Turn your workstation into an ergonomic sensation with GH pointers and tried-and-tested products



STANDING DESK

With a desk that switches between standing and sitting heights, you can be active without staying on your feet all day. (Too much standing could cause leg and foot swelling and varicose veins.) Wear comfy shoes with a low or flat heel and lots of arch support, and stand on a cushioned mat, says Rob Danoff, D.O., of the American Osteopathic Association. Stand up straight, too. LAB PICKS: The adjustable Humanscale QuickStand (\$949, humanscale.com; shown) can be clamped onto any freestanding desk. For a stand-alone setup, try the Rebel Crank-Up 1000 (\$599, rebeldesk.com), which has a charging station and

FLEXIBLE SEAT

To ward off eyestrain and back pain, you need a seat that easily glides up and down (so you can position your gaze just right) and that contours to your butt and back, improving your posture. Skip the exercise ball; it does little or nothing to help you sit up straight.

LAB PICK: The Humanscale Diffrient Smart Chair (\$1,080, humanscale.com)



organizing trays.

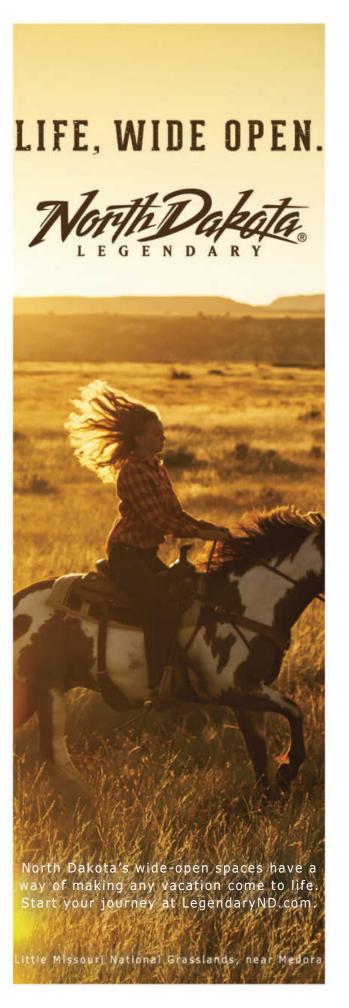
SPORTY ACCESSORY

features a unique weightsensitive recline and an adaptable mesh backrest.

Yep, you can burn calories while you work! GH experts say pedaling bests walking on a treadmill. Our testers found that treadmill desks sometimes caused motion sickness.

LAB PICK: Testers said the DeskCycle (\$159, deskcycle .com)—bike pedals that live under your desk—was fun to use. But you need the right setup: a stationary chair and a desk at least 27 inches tall. It helps if a phone call is on the agenda; typing while cycling is hard.







REV UP RESULTS

Try the routine twice a week, three times through.

TRAIN YOUR BRAIN

Get smart while you sculpt. Like rubbing your belly while you pat your head, these firming multitaskers take major concentration. Who needs Sudoku?







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